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ISSUE 93 OCTOBER 2015 £3.99

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ID 2161

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ID 2188

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Katha  
ID 2135

"I have just had a wonderful reading with Katha. What a beautiful soul. She tells it as it is but her delivery of this is thoughtful and kind. She understood his character immediately & it was insightful. Lovely lady"

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**Our November issue will be  
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Wish you could get more fuel for your inner fire? Head to our website where we dish up a daily serving of know-how from your favourite experts to keep you going until our next bundle of inspiration hits the shelves, on 16th October.

# THE EDITOR'S WORD



Earlier this year, I read a report claiming that just three out of 10 Brits are happy with their lives. It got me thinking – how many of us actually take action to make improvements?

Before this can happen, we have to identify what we need to fix and, importantly, what it is that our soul yearns for. The difficulty comes when we come face to face with that troubling combination of habits and autopilot mode. Our reactions, behaviour, circumstances might make us unhappy – but it's easier to snuggle deeper into the warm embrace of familiarity than to take positive, but uncomfortable, steps to change.

Heard of activation energy? It's what we need to muster up the get-go to switch on, shift ourselves into gear and work on making changes. It's the same energy that powers you to get up in the morning, to overcome the thorny stuff, so you can live your life's full potential – and it's all there waiting for you.

Take responsibility for your happiness. Dig deep. Quash that fear-based procrastination and quit side-stepping the hem-tugging discomfort of change. Gobble up all that glorious energy and use it to fuel your fulfilling future.

Routine is rife in our society; an invigorating rush of freedom is rare, but it leaves in its wake a formidable trail of self-believe and confidence. Gosh, it's great. Fancy joining me? The motivation you need begins on page 23.

*Rianna*  
Editor



**DON'T MISS OUT!**

Turn to page 60 to  
find out how to get  
your **FREE Protection  
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# CONTENTS

Soul & Spirit October 2015



51



66

## REGULARS

- 8 YOUR MONTH**  
Our pick of lush products and good news – plus, Judy Hall's crystal for October!
- 10 WHAT'S ON**  
Check out our run-down of events not to be missed
- 51 A MOMENT OF CALM**  
Take time out to contemplate this month's inspiration
- 56 SOUL & SPIRIT HUB**  
We hear from you! Our readers share their tweets, letters and monthly dose of gratitude
- 74 FREEBIES & OFFERS**  
Up for grabs this month is a bounty of soulful prizes worth more than £2,000!
- 82 SPIRITUAL FICTION**  
Grab yourself a cuppa and knuckle down with this thought-provoking read
- 85 HOROSCOPES**  
Celebrity astrologer, Russell Grant reads your stars for October

## INSPIRING READS

- 12 HOW TO PICK THE RIGHT ESSENCES FOR YOU!**  
We explore the fascinating world of Astro-aromatherapy. Join us, won't you?

## 28 MUDRAS: THE MIND-BLOWING POWER IN YOUR HANDS

Awaken your inner world and fine-tune your energy with these mystical gestures

## 40 UNLOCK YOUR AKASHIC RECORDS...

We find out how you can tap in to the life you should have been living all along

## 44 A GENIUS GUIDE TO GUILT-FREE LIVING

Alan Cohen shares the 7 lessons *A Course in Miracles* could teach you

## 53 LEARN TO LOVE YOURSELF...

We investigate the spiritual secrets to increased self-love

## 80 CRYSTAL CURES

Meet tiger's eye and discover how to use its fierce energy

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- 60** Subscribe and get your FREE protection charm & chakra healing stones



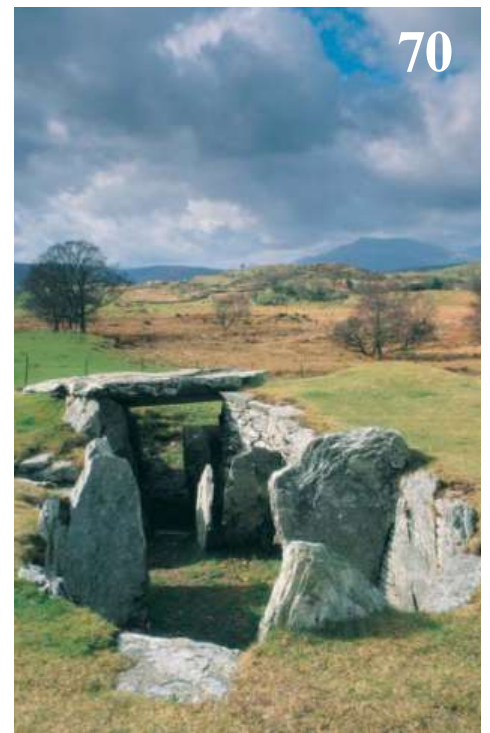
+



## EXPERT WISDOM

- 17 MESSAGES FROM BEYOND**  
Sally Morgan retells the stories of three spirits who joined her King's Lynn show
- 20 YOUR DREAMS DECODED**  
Russell Grant lays out the meanings of boozing, smoking and more habit-based visions





**23 FIERY BUDDHIST**  
Anger: what is it and what is it not? Robina Courtin reveals all

**27 MAGIC ALLY**  
Our columnist shares seasonal spells to excite your inner mystic this Halloween

**36 PET PSYCHIC**  
Derek Acorah reads for two pets – and picks up on the energy of a deceased kitty!

**42 KARMA COACH**  
Be prepared to give your habits a positive makeover – Nikki Wyatt tells you how

**46 MICHELE KNIGHT'S SPIRITUAL JOURNEY**  
Michele reveals how her and her family will be celebrating Halloween

## SPIRITUAL LIVING

**32 ARE YOU SABOTAGING YOUR SPIRITUAL GROWTH?**  
Three habits that are destroying your connection with the Universe

**48 ALTERNATIVE THERAPY**  
Discover the healing power of hypnosis

**57 SPIRITUAL TRAVEL GUIDE**  
We check out Snowdonia's haunted hotspots

**62 IT'S ALL ABOUT THE EYES**  
8 fab beauty buys and a few DIY recipes, too

**69 THE BOOKSHELF**  
Top up your library with these new releases

**70 MIND, BODY, SOUL TRAVEL**  
... the spooky take over! We check out three great Halloween haunts

**72 LIFE STORY**  
Mary Daniels reveals her wild awakening and incredible spiritual journey

## DIVINE GUIDANCE

**18 ANGEL ANSWERS**  
Diana Cooper, Radleigh Valentine and Jenny Smedley answer your questions

**24 LOVE CLINIC**  
Our resident love psychic answers your relationship dilemmas with help from her spirit guides

**34 YOUR QUESTIONS ANSWERED**  
Need some intuitive advice? Our four soothsayers have your queries covered!

**38 LEARN TO READ YOUR TEA LEAVES IN 6 SIMPLE STEPS!**  
Become your own fortune teller while enjoying your morning brew – we tell you how

**65 PSYCHIC SUPERHEROES**  
Fancy yourself as a psychic? Our three experts are here to answer your questions

**66 HOLD ON, WHAT IS SHAPESHIFTING?**  
Find out more about this transformational technique

**77 SPIRITUAL SCHOOL**  
Everything you need to know to brush up on your grounding skills



# Meet the EXPERTS

*Let us introduce you to our team of intuitive minds whose expertise and advice helped us create this issue*



## RUSSELL GRANT

is a well-known astrologer and TV personality who is renowned for his spiritual gifts. He tells us what our stars are saying and interprets our dreams.



## SALLY MORGAN

is an award-winning psychic and travelling TV star. Within her monthly column she shares the heart-warming messages received at her recent shows on the road.



## MICHELE KNIGHT

is a psychic, astrologer and best-selling author, who chronicles her inspiring spiritual journey, from past to present, with us every month.



## DAVID HAMILTON

is an expert in the power of kindness and self-love. This month he shares his insight on how you can supercharge your self-esteem.



## DIANA COOPER

is one of the UK's biggest and well-loved angel experts. She has published 24 books in 27 countries, and is part of our panel of experts on *Angel Answers*.



## DEREK ACORAH

is our friendly spirit medium and pet psychic columnist. With his natural gifts he provides exclusive readings for two *Soul & Spirit* readers' pets each issue.



## RADLEIGH VALENTINE

is the co-author of *Angel Tarot Cards* and specialises in giving love-related tarot card readings. He is also part of our *Angel Answers* expert panel.



## ROBINA COURTIN

is a touring teacher of Buddhism and her life's work is dedicated to helping those in need. She imparts her Buddhist philosophies to us in her column.



## JERRY SARGEANT

is an energy healer, transformational life coach and creator of Star Magic Energy Healing. He shares his wisdom with us on our regular Q&A pages every month.



## GORDON SMITH

is a psychic medium praised for delivering remarkably accurate messages from spirit – and we're delighted to welcome him as our newest *Psychic Superhero*!



## LISA WILLIAMS

is a touring healer and medium with years of experience under her belt. Each issue she settles your dilemmas as part of our panel of pros on *Your Questions Answered*.



## TONY STOCKWELL

is a well-respected psychic medium, both in the UK and around the world. He is part of our resident *Psychic Superheroes* team – to the rescue!





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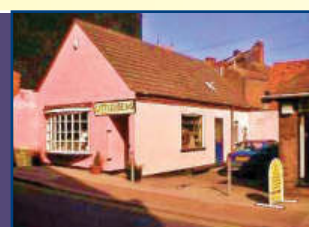
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GOOD NEWS HOT PRODUCTS REAL PEOPLE

# Your MONTH

*From hot topics to spiritual products,  
we share our inspirations for October...*

## WE CHALLENGE YOU...

The end of October sees the Pagan and gaelic ritual of Samhain. Typically celebrated from 31st October to 1st November, it marks the end of harvest and the start of winter. Why not take the time this month to acknowledge the changing of the seasons and take stock of your year so far? We recommend putting together a photo album of your happiest moments. This exercise will help you to really reflect on your experiences, month by month, and will also enable you to identify what you would still like to achieve before the end of 2015. If you still have outstanding New Year's resolutions from January, now's the time to start ticking them off - just think of what your album will look like by the end of the year!



## PICK OF THE BUNCH: MARIGOLD

*With its sun-like cluster of petals and vibrant orange and yellow hues, it's no wonder that this pretty flower is also known as the 'herb of the sun'. Associated with passion and creativity, marigold is also a love charm and is often used in wedding bouquets. If you're feeling under the weather, try placing a bunch on your desk to boost your happiness levels.*

## COSY READING

As the nights draw in, we recommend getting snug and trying out these beautiful tarot cards from renowned instructors Marcus Katz and Tali Goodwin. The deck comes with a comprehensive guide to help you interpret your readings – perfect for novices! Priced £13.20, Llewellyn Publications, [amazon.co.uk](http://amazon.co.uk)



## We love...

Made with organic cotton, we're loving Lunn Farrow's Buddhist-inspired designs. This Hand of Fatima T-shirt is our favourite from the ethical bunch. Priced £19.99  
[lunnfarrow.com](http://lunnfarrow.com)

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## JUDY HALL'S CRYSTAL FOR OCTOBER

“Ruled by Venus and the relationship-orientated sign Libra, October is the month for love. Use rose quartz to bring more passion into your life, or to attract the partner you desire.”



## PSYCHIC LINE OF THE MONTH TONY HYLAND

Reviewed by Joy Palmer  
Tel: 0800 999 3831  
[tonyhyland.com](http://tonyhyland.com)

“I was slightly nervous about my reading, but Tony put me at ease within seconds. It was insightful and interesting and he picked up on some of my inner worries, which I had been keeping to myself. I will be interested to see if, over the next few months, everything he said comes true. If it does, 2016 looks like a better and brighter year for me!”

*It's reported that more than*  
**65%\***  
*of Brits have previously had a supernatural experience*



\* Survey of 2,952 people conducted by [vouchercodespro.co.uk](http://vouchercodespro.co.uk)



## SOUL & SPIRIT'S SHOPPING BASKET



**ticktocktea.com**

Put your feet up this month with this delicious caffeine-free brew  
**Priced £1.99 per box.**



**baseformula.com**

This calming lavender and chamomile aromatherapy spritz will help you to nod off in no time  
**Priced £12.**



**foxandstar.co.uk**

Grab a pen and start jotting down your dreams this autumn with this beautiful, gilded journal  
**Priced £11.99.**

## WHAT WE'VE LEARNT THIS ISSUE...



“Self-love is hugely important and deeply misunderstood. Check out what our experts have to say about it on page 53”  
**Rianna, editor**



“I've really enjoyed discovering more about the meanings behind mudras with our masterclass (p28)”  
**Hannah, deputy editor**



Facebook / Liam Murphy

## GOOD news...

On a recent solo work trip to Dubai, Liam Murphy, from Cork in Ireland, took a taxi to the Ferrari World theme park in Abu Dhabi. Learning that the driver had never stepped foot inside – despite taking clients there for 14 years – because he couldn't afford the entry fee, Liam kindly bought two tickets and insisted that the driver joined him for a day of fun, rather than waiting outside the park as they had originally planned. They spent the day embracing the park's main attractions, including the exhilaratingly fast Formula Rossa ride. Such a kind gesture – we love it! What joy can you bring to somebody else's life this month?



## PROMOTIONAL FEATURE



# DATES FOR YOUR Diary

*Looking for spiritual events to fill the months ahead? We share a handful of highlights from the mind, body and spirit world*

### Mind, Body, Spirit & Psychic Event

Saturday 10th – Sunday 11th  
October 2015

Derbyshire County Cricket Club,  
The Gateway Centre Grandstand  
Road Derby DE21 6AF

Contact: 07773 020995,

Visit: [whitelightevents.co.uk](http://whitelightevents.co.uk)

Get your spiritual cogs whirring at White Light's largest Mind, Body, Spirit and Psychic Event! Bringing together some amazing guest speakers and a plethora of fab exhibitors, it's certain to hit the right inspirational spot. Across the weekend, you'll be able to top up your wisdom at the talks and workshops, and enjoy a number of expert mediumship demonstrations. Plus, there'll be more than 300 free spaces at the venue.

*Doors are open from 10am to 6pm on Saturday, and 10am to 5pm on Sunday. Tickets are £4.75 per day for adults (£3.75 for concessions), and £8.50 for both (£6.50). Admission is free for under 16s.*



### Yoga, Mind, Body & Spirit Event

Saturday 24th – Sunday  
25th October 2015

Nantwich Civic Hall, Beam Street,  
Nantwich, Cheshire, CW5 5DG

Contact: Rosemary, 07828 187468

Visit: [rosemarydouglas.com](http://rosemarydouglas.com)



Bathed in wonderful intrinsic energy, Nantwich's Civic Hall is the perfect setting for this fab event. Comprising holistic delights, complementary therapies and great products, it's a magnet for spiritual seekers who'll be able to enjoy tarot, psychometry, astro numerology, angelic reiki, a stage act by pamist Robin Lown – and that's just a taster of the impressive line up! Excitingly, there will also be a new designated yoga area, with a meditation workshop, yoga laughter lessons and tai chi on the Saturday.

*Doors open from 10am to 5pm, although workshops run until 6pm. Advanced tickets are £3.50 per day (£3 for concessions), or £6 for both (£5). Tickets bought on the door will incur a £1 increase and under 15s can enter for free.*

### MIDDLE EARTH FAERY BALL & FAYRE

Saturday 24th – Sunday  
25th October 2015

Glastonbury Town  
Hall, Magdalene Street,  
Somerset BA6 9EL

Contact: 01736 330201

Visit: [faeryevents.com](http://faeryevents.com)



Fans of *The Hobbit* and *Lord of the Rings*, listen up as we've tracked down not one but two events that are certain to tickle your mystical taste buds. Spiritual event organiser, Karen Kay has taken inspiration from these epic blockbusters to present a Middle Earth themed ball and fayre – with a faery twist!

The best bit? You can enjoy free entry to the fayre on both days, so you'll have plenty of opportunity to marvel at the magical stalls. Plus, you can round Saturday evening off with a good boogie at the faery ball.

*The ball will take place from 8pm to midnight on Saturday 24th October, and tickets are £20 each.*



### HOLISTIC & MYSTIC SHOW

Saturday 21st to Sunday  
22nd November 2015

Kempton Park, Sunbury,  
Middlesex TW16 5AQ

Contact: Tracy Drew, 01883 717069

Visit: [holisticandmystic.com](http://holisticandmystic.com)

Immerse yourself in holistic and spiritual goods galore at Holistic and Mystic's exciting Kempton Park show. Thanks to its eclectic exhibitors, there will be a diverse range of must-haves on offer, including crystals, singing bowls, and wiccan items. Attendees can also look forward to a full programme of free talks and workshops that'll be running throughout the weekend. Plus, Barbara Meiklejohn Free, Flavia Kate Peters and Sandy Newbigging will be making an appearance, too!

*A two-day adult pass is £8.50 or £5 for one day; concessions per day £3.50 or £6.50 for two; children under 16 go free.*



### Wytches Fayre and Witches & Wizards Halloween Ball

Saturday 31st October 2015

Buxton Pavilion St. John's Road  
Buxton SK17 6BE

Contact: 07773 020995

Visit: [whitelightevents.co.uk](http://whitelightevents.co.uk)

Stuck for ideas on how to mark All Hallows Eve this year? We've found your solution. Begin the day perusing the rainbow of magical crafts and Pagan treasures at the Wytches Fayre. And, be sure to pop along to one of the free talks and workshops while you're at it.

As the evening rolls in, don your best ghoulish gowns and head for the Witches & Wizards Halloween Ball! Here, you can lap up a thrilling atmosphere as Daughters of Gaia, Spriggan Mist and The Dolmen lay on an evening of great music and fun.

*Admission to the Wytches Fayre is free and doors open from 10am to 4.30pm. The Halloween Ball starts at 7.30pm and ends at 11.45pm; general standing tickets are £25 each, balcony seats are £20 each, and tickets for children aged 14 and under are £10.*



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## ★ Vywamus and Anasín ★

are heartily inviting you  
to channelings  
in Kollbrunn near Zurich Airport, Switzerland:

## Lessons from Universe



Time accelerates. You have to expand your consciousness and develop very quickly. Your cosmic part on Earth is to be looked at more and more. Look into your cosmic background as a Great Soul with Vywamus and Anasín as a very old soul ★ They renew their psychic cooperation of the past thousands of years. Their channelings from the Akashic Records of the Universe are dedicated to you and friends of the Light who are interested in the Great Wheel of Life.



*„We have intelligence. We have brains.  
We have them in order to ask who we are  
and to develop into  
new realms of consciousness.*

*Thus, we expand our consciousness  
into cosmic understanding.  
Thus, we break through time and space.*

★ *Can you hear, how eternity calls you  
from far beyond space and time?  
Can you hear it?"*

*Vywamus  
from the Akashic Records of the Universe*

All channelings are offered in English as „Lessons from Universe“, in French as „Leçons cosmiques“ and in German as „Weisheit aus dem Universum“.

Individual session: CHF 150.-- per hour. Partner and group session: CHF 220.-- per hour. One-day workshop: CHF 180.-- per person.



You are kindly asked to call Anasín direct during her office hours on Wednesdays from 7 to 9 p.m.

phone +41 52 394 03 35.

## ★ International School of Light ★





# ASTRO- AROMATHERAPY:

---

## HOW TO PICK THE RIGHT ESSENCES FOR YOU

*Surely, aromas affect us all in the same way? Not so! According to healers past and present, you should heed the WISDOM OF THE COSMOS to guide your selection*

WORDS BY MARION WILLIAMSON

Medieval physicians suspected all of life on Earth was a reflection of what was going on in the heavens. They believed people, plants and animals were made of the same elements as the planets and the zodiac signs: air, fire, water and earth – and each living thing was linked with a corresponding planet and astrological sign.

Ancient healers used astrology to diagnose disease, deciding which plants, herbs and flowers would be best-suited to treat people based on the plants' astrological correspondences, the area of the body affected and the person's horoscope.

Today, many aromatherapists start off with a background in herbalism. They will look at the person as a whole – their lifestyle and their horoscope – before choosing a blend of essential oils to suit the person's needs. Usually these oils will consist of top, middle and base note oils because, when used together, a blend of essences has a greater therapeutic impact than an individual choice.

### RELAX AND BREATHE

Extracted from nature, essential oils are often referred to as the 'life force' of plants. They contain many healing and beneficial properties that may be either relaxing or invigorating, depending upon the ones chosen.

Aromatherapy is a holistic therapy, benefiting the whole person as one unique being. Its benefits can be embraced in many different ways via compresses or, best of all, massage. It's also common for people to add a few drops of a cleansing aroma to water in order to create a cleaning elixir that can be used for general housework – lemon is a common favourite for this.

### FIND BALANCE

Quick, beneficial healing can come from inhaling a few drops of oil on a handkerchief and letting the aroma stimulate your senses. As you inhale, the essential oils enter your nostrils and affect the limbic system in the brain, thereby acting as mood enhancers. And by restoring and promoting a balance between body and mind, essences can be all that's needed to give your spirits a lift.

So, if you're looking for a new way to boost your natural feel-good vibes, why not try soothing your body's energy by combining aromatherapy, herbalism and astrology? Once you understand the common characteristics of your zodiac sign, with a little investigation into the properties of essences, you can select the most appropriate aromas to heal yourself. Not sure where to start? We've got you covered...







# THE PERFECT MATCH

*Find the best-suited essences for your star sign*

## ARIES

21st March - 20th April

PLANET: MARS

ELEMENT: FIRE

Enthusiastic, intelligent and daring, Arians are natural-born leaders who are always up for new adventures. While hugely ambitious and excitable, those born under this sign can come across as impulsive and sometimes slightly aggressive.

Aromas governed by Aries' ruler, Mars, are stimulating and warming. Pick basil, black pepper and ginger as these 'hot' and detoxifying essences are ruled by the God of War. What's more, black pepper is excellent for pacifying an Arians' fiery demeanour. Meanwhile, ginger is a strong and spicy essence that's linked with love, sexuality and prosperity.



## TAURUS

21st April - 21st May

PLANET: VENUS

ELEMENT: EARTH

Generous, down-to-earth and independent, Taureans are pragmatic and can always be relied on to lend a helping hand. On the other side of the coin, they can also be possessive, materialistic and idle.

Aromas under the rulership of Venus often come from flowers with very sweet perfumes. These oils are used to boost one's aesthetic sense, and some of them are particularly therapeutic for women. Essential oils best-suited to this sign are not only sensual but also balancing, such as uplifting geranium and ylang ylang.

In line with their tactile nature, the best way for Taureans to explore aromatherapy is with a full body massage. Select a rose-infused oil or light some scented candles and you'll be on to a winner!



## GEMINI

22nd May - 21st June

PLANET: MERCURY

ELEMENT: AIR

Sharp-witted, adaptable and imaginative, Gemini's are freedom-chasers who try to avoid being tied down. Explosions of excitable energy, their independent nature can lead them to be restless and see them flit from one emotion to the next.

The light and zesty aroma of lemon verbena is a fab choice for those born under this sign. Why? Citrus aromas support the Gemini's way of working – in short, intense bursts. Basil is also well-suited to their intellectual nature as it aids concentration and strokes tired minds.

True to Gemini's mercurial nature, they often need to calm their frantic thoughts. An ideal way to do so is to put one drop of lemon or basil essence onto a tissue and inhale the scent, allowing it to detox a busy mind.

## CANCER

22nd June - 23rd July

PLANET: MOON

ELEMENT: WATER

Complex and temperamental, Cancerians are highly sensitive and can be rather needy. That said, they do make extremely loyal companions as they are very caring and responsive.

When it comes to aromas, Cancerians need lunar scents that help to relax and calm them, while broadening their intuition. With that in mind, they would benefit most from relaxation-enhancers, like hyssop. Juniper is another top choice – not only is it said to work wonders at easing anxiety, but this aromatic shrub has also been relied upon for its ability to ward off evil spirits.

## LEO

24th July - 23rd August

PLANET: THE SUN

ELEMENT: FIRE

The outgoing Leo exudes confidence and loves to be the centre of attention. Those born under this charming sign tend to have a big circle of friends as they are very warm and encouraging, but their demand for attention can lead them to be melodramatic and a dash self-indulgent.

Essences ruled by the Sun have a stimulating, warming effect and are believed to be helpful to the circulatory system. Melissa, neroli, chamomile, and rosemary are all solar essences. Traditionally, sprigs of rosemary were used to drive bad spirits away and were burned to fumigate sickrooms. Neroli, (or orange blossom), is a great buy if you're feeling blue, struggling to sleep or need to calm your emotions – perfect for Leos!

## VIRGO

24th August - 23rd September

PLANET: MERCURY

ELEMENT: EARTH

Wise, practical and modest, Virgos are intelligent perfectionists who make true and loyal friends. To those born under this sign, perception is reality so it's hugely important for Virgos to surround themselves with positive energy, as they struggle to see the good in testing situations.

The most versatile of all the essential oils and one that can truly be termed 'healing', lavender is linked with the sign of Virgo. It is an adaptive plant – meaning it can stimulate or sedate depending upon your body's needs. It's also commonly used as a mood enhancer, promoting a sunny disposition and calming the nerves.

Another great essence for this sign is fennel, which strengthens your spirituality with its grounding energy.





## LIBRA

24th September - 23rd October

PLANET: VENUS

ELEMENT: AIR

Libras are kind souls who struggle to say 'no'. Fair, diplomatic and loving, those born under this star sign hold partnerships dear. That said, Libras can be judgemental and self-pitying.

Rose oil is said to be the blood of Venus (Libra's ruling planet). Its beauty lies not only in its sweet aroma, but also in its capacity to soothe the skin. Rose oil is another aroma that is very sweet, even heady, and is excellent at steadying nerves. Meanwhile, Venus-ruled jasmine works well as an aphrodisiac and is also said to be wonderfully uplifting.

As Libra is the sign of balance, when having a massage, make sure that both sides of the body are touched for the same amount of time and with equal movements.



## SAGITTARIUS

23rd November - 21st December

PLANET: JUPITER

ELEMENT: FIRE

Forever seeking the good in all situations, Sagittarians are vibrant and positive personalities. That said, there are two distinct sides to this sign: one is kind-hearted and open-minded and the other is arrogant and quick-tempered.

Scents ruled by Jupiter are uplifting to the spirit and are often used in religious ceremonies. Cedarwood, sandalwood, frankincense, myrrh and sage all come under the Centaur's influence. Aside from its supposed ability to drive out bad spirits, frankincense is also used for its calming and clarity-boosting properties.

## AQUARIUS

21st January - 19th February

PLANET: URANUS

ELEMENT: AIR

Fiercely independent, Aquarians are shy visionaries, renowned for being stubborn and somewhat detached. With this in mind, it can take a while for those of this sign to make new friends.

Aromas ruled by Uranus, such as hyssop and marjoram oils, calm worries. Hyssop is mainly used for healing the respiratory tract, whereas marjoram has a warming effect in massage, and helps in times of grief and emotional turmoil. That said, chamomile is a great choice for this sign as it can be used to soften stubbornness.

A rose- or chamomile-scented diffuser would make a valued addition to an Aquarian's desk to dial down their frustrations.

## SCORPIO

24th October - 22nd November

PLANETS: PLUTO AND MARS

ELEMENT: WATER

If Scorpio had a middle name, it'd be 'complicated'. These personalities are ambitious, loyal and passionate, which drives them to success. Natural leaders, Scorpions tend to demand control and can be obsessive. They also have fabulous memories which means they can struggle to let go.

Fragrances ruled by Pluto are purifying and some of them are said to be beneficial for the female reproductive system. Sensual oils such as jasmine and ylang-ylang come under the sway of Pluto and Scorpio. Jasmine is said to relieve menstrual cramps and the pains of childbirth, while ylang-ylang fights against impotence and frigidity, as well as being a good aphrodisiac. Meanwhile, sandalwood is a great way to soften the infamous Scorpio sting!

## CAPRICORN

22nd December - 29th January

PLANET: SATURN

ELEMENT: EARTH

Strong, sensible and reliable, Capricorns are hard workers who crave structure. Their practical and realistic nature makes them great leaders, but also earns them an uncreative reputation. Gifted with wisdom and common sense, they can often come across as relatively controlling.

Essences ruled by Saturn are yin and cooling, though they are also said to have a warming effect when used on stiff joints. Oils like pine, camphor and hemp also fall into this category. Another great choice is bergamot as this essence is favoured for its usefulness in times of burn-out.

Spend some alone time unwinding and burn patcholi, sandalwood or bergamot in an oil burner, allowing the cooling essences to lift the energy of your room. This will help Capricorns get stuck into a great read or to spend some quiet time meditating.

## PISCES

20th February - 20th March

PLANET: NEPTUNE

ELEMENT: WATER

Mysterious, somewhat elusive, Pisceans live a life of extremes; when happy, they bounce on the walls, but when they're sad, they're thoroughly miserable. As natural empaths, Pisceans are highly compassionate and sensitive, therefore they are deeply affected by the energy of their surroundings.

Aromas ruled by Neptune tend to be exhilarating, uplifting and spiritually-enhancing, like clary sage, myrrh and frankincense. All of these essences were once used to purge evil spirits and clean the air. Clary sage has a softer, more floral scent than common sage and is said to leave users in a state of euphoria. What's more, it's a solid choice when you need courage or a tonic for steadying Pisceans' nerves. 💧



# Sally Morgan



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*Sally Morgan*

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Wycombe Swan, HIGH WYCOMBE	Thur 8th	01494 512 000
The Central Theatre, CHATHAM	Fri 9th	01634 338338
Theatre Severn, SHREWSBURY	Mon 12th	01743 281281
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Fri 23rd	0843 208 1835
Mon 26th	0844 871 3020
Tue 27th	01722 434434
Wed 28th	01823 271 271
Thur 29th	0844 576 2210
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Victoria Halls, STOKE  
indigO2 at The O2, LONDON  
Princes Theatre, CLACTON  
Dudley Town Hall, DUDLEY  
The Baths Hall, SCUNTHORPE  
The Spa, BRIDLINGTON  
Palace Theatre, NEWARK  
Gordon Craig Concert Hall, STEVENAGE  
Richmond Theatre, RICHMOND  
New Alexandra Theatre, BIRMINGHAM  
Wyvern Theatre, SWINDON  
Portsmouth Guildhall, PORTSMOUTH  
Churchill Theatre, BROMLEY  
The Hexagon, READING  
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Wed 4th	020 8463 2700
Fri 6th	01255 686633
Mon 9th	0870 320 7000
Tue 10th	0844 8542776
Wed 11th	01262 678258
Thur 12th	01636 655 755
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Mon 16th	0844 871 7651
Tue 17th	0844 871 3011
Wed 18th	01793 524481
Thur 19th	0844 847 2362
Fri 20th	0844 871 7620
Mon 23rd	0118 960 6060
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# SALLY MORGAN'S MESSAGES *from Beyond*

*Our columnist shares three moving messages from her most recent show in King's Lynn*

Spirit has been part of my life since I was just a tot – I've given readings from a very early age. Our neighbours would knock on the door and they'd say, "Here, get your Sally to have a look at this," before shoving black and white photos under my nose. Without realising, words would almost fall out of my mouth. What was I saying? I didn't know but I was accurate, so more and more people came to me looking for answers. Who'd have thought that all these years later I'd be on stage, delivering messages from spirit on stage to thousands of people? You couldn't make it up!

Anyway, I must tell you a bit about the most recent date on my tour – my gosh, it was buzzing with energy...

## HOME COMFORTS

The first message of the night was from a female spirit, who joined me hours before the curtain call. She was showing me she had been terribly poorly; I felt that she'd had spine cancer. The spirit's name was Alice and I could sense she'd come on the stage searching for her loved ones in the audience. She was telling me that her family were worried about her being alone – "Don't be daft, Mickey is here with me," she said.

Nobody in the audience raised their hands but then, just as I was about to close the message off, the spirit gave me the name 'Barbara'. Instantly, a lady stood to take the message. "My mum passed away from spine cancer and Mickey, who is also on the other side, was her uncle" she explained. "Barbara was her good friend, who she'd fallen out with before she passed away."

The spirit wanted to comfort her daughter by letting her know that she wasn't alone and that her family, in the spirit realm, were there with her.

## SPINE-TINGLING MOMENT

One of the most emotionally-charged communications of the night was during the first half of the show. Spirit was taking me to a

bathroom and I could see a lady bathing her baby. She was crying hysterically and I felt the child had passed away. I was given a beautiful name – Evie.

A very brave lady in the audience, named Michelle, stood up; she explained that her daughter's little boy died at 26 weeks, but that she had been able to bath the baby after he'd passed away. Michelle added that her granddaughter was called Evie – she was the baby boy's elder sister.

Next, I got the name Gary. "That's the baby's dad, who is still alive, and also the name of my granddad, who is on the other side," Michelle confirmed. This spirit wanted to soothe the family's thoughts – I felt the baby could see his mum, dad and little sister, and that he felt their love.

## CHEEKY CHARACTER

An older male came through in spirit during the second half of the show. He was repeating the words 'secrets and lies' and I felt that he had a side to him that nobody knew about.

The spirit was called Billy and he spoke of a lady who was in and out of his life; she had allowed him to treat her badly. I felt that this man had three women in his life. A lady raised her hand – "That's my dad," she laughed.

This spirit had a chequered past; I could sense that he was a bit of a bad penny and that he would show up in particular women's lives, to disappear just as quickly. She agreed.

The lady's father wanted me to let her know that he was incredibly proud of her for going to art college, and that he loved her ever so dearly. 💰



# Angel ANSWERS

*With their hearts tuned in to heaven's helpers, our panel of pros steer you through tough times*



## ANGEL OF THE MONTH

Archangel Hope,  
twin flame of  
Archangel  
Gabriel

### WHEN WILL MY SUFFERING END?

The last few years have possibly been the worst of my life. My first relationship felt like true love but it came to a terrible end, and my ex passed away six months later. After a long time, I finally let down my barriers and fell in love again – and it's been hell. There is nothing positive left between us: no respect, no morals, no feelings. Will I ever be happy in love because I'm starting to think I'm meant to be single?

**RADLEIGH SAYS:** "Your angels say that you must get away from any relationship that is toxic. You are not meant to be in a relationship that is abusive or unpleasant in any sense. That is not the way of love and you deserve something better."

"Your angels stress that you are not 'meant to be single' but you are in need of some time alone. Now that you have been in a turbulent relationship, you have even more to recover from."

"Everybody has at least two guardian angels – you have four around you, and they are ready and waiting to help you heal. Uriel, the archangel of emotional healing, is shining his golden light around you and the female warrior archangel Ariel is also there to help you reclaim your power."

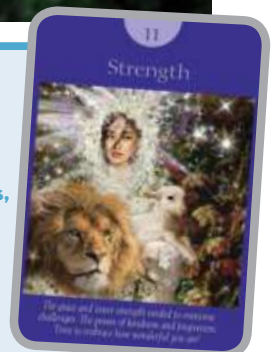
"Once you've had some time to recover, a kind, intelligent, and compassionate partner will enter your life – the angels are showing me the number 1824 which I interpret as 18-24 months."

### CARD OF THE MONTH STRENGTH

from Fairy Tarot Cards,  
[hayhouse.co.uk](http://hayhouse.co.uk)

You have great inner power and you can do whatever you need to do to take care of yourself and those you love. This card often denotes a time of forgiveness – both of yourself and others. Start to believe that you can overcome all challenges with grace and willpower.

You are a sensitive and caring soul. This is a gift, not a weakness! Don't be afraid to show your empathy for others, while also standing up for yourself.





## OUR EXPERTS

### DIANA COOPER



is an empowering lightworker, who teaches others about the wonder of the angels. She's also the author of 19 enlightening spiritual books, [dianacooper.com](http://dianacooper.com)

### RADLEIGH VALENTINE



is the co-author of *Angel Tarot Cards* and *Archangel Power Tarot Cards*. He specialises in giving love-related angel tarot card readings, [radleighvalentine.com](http://radleighvalentine.com)

### JENNY SMEDLEY



is an angel consultant who channels angels to illustrate bespoke portraits and provide valued guidance, [jennysmedley.com](http://jennysmedley.com)

## PLEASE HELP ME TO HEAR MY ANGELS

**I have always stood by my partner, even though he walked out on me a few years ago. However, he stayed over not long ago and our home was raided by police, who took him off to prison; he is now serving a four year sentence. I am devastated as I had no idea he was involved in crime – I thought he was working hard to support our children. I believe my angels have been trying to get me to leave him for years. I once wrote to Doreen Virtue who said I'd be ok as a single mum but I discounted her words as I really thought he would come home... Little did I know, Doreen was bang on. Have I blocked myself from hearing my angels?**

**RADLEIGH SAYS:** "Trust that your angels are still by your side; they would never leave you.

"My dear friend Doreen was indeed 'bang on' when she said you'll be ok as a single mum – but I don't think you'll be on your own indefinitely. Your angels say that it is time to exit the world of anxiety, fear and betrayal associated with your partner so you can open up to a new, safe life.

"It is not love that is holding you to your partner, but the fear of being alone. Walk away! Focus on your children and give yourself time to heal. As your self-confidence grows, your heart will open and you will remember who you really are. Then real love will come."

## IS THIS REALLY MY PATH IN LIFE? I FEEL LOST

**Recently I went to a psychic who told me I was going to become a medium and to try meditation. I absolutely love the idea of that as I believe in angels and fairies etc., but I've been meditating and I don't seem to get anything back. I just don't know where to start? Please help.**

**JENNY SAYS:** "Your angel is giving me the name Maeko, which means 'truthful child'. This is what you are, and it's a wonderful thing. But you are also very gentle, vulnerable and compassionate. You are destined to become a medium,

but you're not ready yet. This is because mediums sometimes have to tell uncomfortable truths. This is very tough when you start out because if you get it wrong, just once, you can cause great upset, so you need to take your time.

Right now, your guides won't pass on any messages and spirits won't connect because you wouldn't be able to handle it. Your angel advises that you start by asking simple questions, seeking the answers using oracle cards.

"You can see the planet Mars above Maeko's head. This planet is known for


being a sign of war, but don't let that worry you as it also illuminates our visions, which, in time, is something you'll need. Because your angel resonates with Mars, you can use the natural sounds this planet makes to deepen your meditative state. Just put in a search for 'Mars sounds' on the internet and you'll find recordings of its 'voice'.

"Your angel's blue wing brings further advice for you, guiding you to say exactly what you see when you do start communicating with spirit. Many fledging mediums make the mistake of trying to interpret what they see or hear in order for it to make sense to them. However, you must just say exactly what you see and leave the interpretation to your client, else you could change what would have been a comforting and true message into something completely different."



## CAN I FORGIVE MY SISTER?

**My sister and I have never had the bond that I long for, and over the last year I have made peace with the idea that we probably never will. However, she tirelessly bullied me throughout my childhood and I'm not sure I can let that go because it's had such a big impact on my confidence as an adult. Whenever we see each other we are friendly, but I find it very hard to be around her so I often withdraw. Will I ever be able to forgive her completely and be at peace with our relationship, and with myself?**

**DIANA SAYS:** "I'm so sorry that you've not been able to achieve a sisterly bond. Please remember that the bully and victim are two sides of the same coin; both stem from low self-worth and a lack of confidence. Your sister probably longs for a sisterly bond, too. Here's how to change it: first, invoke Archangel Michael and ask him to help you cut the cords of anger between you; secondly, call in Archangel Uriel. Sense his deep gold light surrounding you, then visualise your inner child. Let your adult self give her the reassurance, strength and confidence she didn't receive as a child. Now see your sister as a child and recognise that her actions came from the fear that she was not good enough, and a longing for love. In your inner world, heal the hurt and hug her. Repeat this exercise for a month and once you feel stronger inside, try talking honestly with her." 





## RUSSELL GRANT DECODES YOUR *Dreams*

*Nail biting, overeating, excessive spending, relentless smoking – our columnist looks into the meanings behind bad habits in night-time visions*

**A**re you aware of your undesirable habits? Even if we like to think we haven't got any, the reality is that we all do – and they can be embarrassing! Habitual behaviour tends to weave into your dreams when you know you're doing something wrong. These visions call you to take action to protect your well-being. Your dreams are also a means for your subconscious to alert you to something that hasn't yet caught your attention.

But what does it mean to dream of the habits of your partner, friends, family or work colleagues? Generally, these visions occur when real-life actions are having a large an impact on you. You might not realise just how much other people's habits are grating on you, until your dreams become overwhelmed by your frustration and anger.

### *Lounging around?*

*A dream in which you're lazing on the sofa watching TV is often a sign that you are feeling emotionally drained – try taking a break from your daily routine so that you can replenish your energy levels.*

*Dreaming of others being lazy is often caused by resentment. Do you feel you are doing all of the work and others are just not pulling their weight to help?*



### PUFFING AWAY

As a non-smoker, enjoying a cigarette in your slumber represents your attempts to hide your true emotions. Perhaps you find it difficult to trust others so you create a barrier, or smoke screen, to prevent people from getting too close. Are you particularly wary of new faces? This vision suggests you have a tendency to conceal your feelings in order to protect yourself from being hurt.

Dreaming of smoking nods to an addictive habit or relationship in your waking life.

You know that this situation is bad for you, but you keep going back for more. Perhaps you're recognising the negative impact of this habit and looking for ways to free yourself from it.

### *Did you know?*

Spending lots of money on **MATERIALISTIC** or **LUDICROUS** items in your dreams is a sure sign that you're **FEELING UNLOVED**

### DRUNKEN ANTICS

Dreaming of having a few too many suggests you've been acting out of character, behaving carelessly and insensibly. You might feel that you are losing (or have already lost) control of your life. Are you feeling that small niggles are spiralling out of control? If so, it's time to pause and assess your options so you can positively resolve any problems you're facing.

Is somebody dominating your waking life? Dreaming of drink-driving implies so. This vision suggest that the person in question does not have your best interests at heart, and it calls you to break free from them as soon as possible.

TRY KEEPING A DIARY TO HELP YOU REMEMBER ALL OF YOUR DREAMS UPON WAKING



## WHAT DOES MY *dream* mean?


*Dear Russell*

*I found myself in an opulent indoor shopping centre, decorated with lots of lights and crystals. There was what appeared to be intertwined escalators, but when I got closer I could see they were waterfalls that flowed from all angles. People were using them like escalators to get to where they needed to be. I knew I'd have to get on them too, but I was scared.*

*Suddenly a man appeared... he made me feel safe, and took my hand and led me onto the waterfall/escalator. Other people joined us; they arrived saying they were lost, but he soon calmed them down. When I reached my destination, I tried to follow him but he slipped away.*

*Russell's reply*

"The lights and crystals indicate that you need to move forward to higher levels of awareness. Interestingly, the escalators also indicate movement between various layers of your own consciousness. Moving upwards means you are addressing and confronting deep emotional issues.

"Your hesitance to get on the escalator suggests there's a big issue that makes you very nervous. The waterfall element of the escalator is symbolic of letting go and releasing pent up negativity." 

### Would you like Russell to DECODE YOUR DREAM?

If you want Russell to find the hidden meaning of your night-time visions, email us with the subject line 'My Dream' to [soulandspiritmagazine@aceville.com](mailto:soulandspiritmagazine@aceville.com) or write to us: My Dream, Soul & Spirit Magazine, 25 Phoenix Court, Hawkins Road, Colchester, Essex, CO2 8JY.

#### **Settle your appetite**

*Food is the spice of life but dreaming of overeating suggests you feel you are lacking fulfilment and spirituality in your waking life. It can represent many aspects and emotions including love, ambition, sex and friendship.*

#### **IF YOU DREAM OF BITING YOUR NAILS...**

You're probably facing a problem that appears to have become too tough to handle. Despite trying all options to find a solution, you're not making any headway – but don't give up. Try discussing the problem with others as they could unearth an answer that you haven't yet considered. Be aware that this dream will keep repeating until you find a solution.

### FLASH THE CASH

*Money represents your self-belief, and it often signals a lack of ambition, power and self-esteem. Dealing with these negative emotions alone can be hard, so you yearn for the support of a loved one. You have lots of positive traits and it's time you found somebody who'll allow them to shine, making you feel loved, special and valued.*



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ROBINA COURTIN

# THE FIERY Buddhist

*Anger. What is it and what is it not?  
Our columnist sets the record straight*



**F**rom the Buddhist perspective, attachment is a neurotic neediness to get what I want every second. Anger is what arises the moment it's thwarted, because it's not sustainable; the bubble has to burst, and it has nowhere to go but to aversion, the state of mind that underpins anger (or to boredom, indifference, uncaring).

In our never-ending efforts to keep the panic at bay, we hungrily seek the right sounds, smells, tastes, feelings, thoughts, words. But the split second we don't get them, aversion arises, exploding outwards as anger or imploding inwards as depression, guilt, hopelessness, self-hate.

**Anger is a minefield.** In order to manoeuvre our way through it, it's important to strip away the layers surrounding this intense emotion and analyse what it's not.

**Anger is not physical;** it is part of our mind, and, for the Buddha, our mind is not physical. It exists by depending on the brain, the genes, the chemical reactions, but it is not these things.

When anger is strong, it triggers huge physical symptoms: the heart beats fast, the eyes open wide in panic. Or if we experience aversion as depression, the body feels like a lead weight; there's no energy, just a terrible inertia. But these are just gross expressions of what, finally, is thought: an elaborate conceptual story existing at the level of assumption that exaggerates the ugly aspects of the person, event or of oneself.

**Anger is not someone else's fault.** This doesn't mean that the person didn't punch me; sure they did. And it doesn't mean that punching me is not bad; sure it is. But the person didn't make me angry. The punch is merely the catalyst for my anger, a tendency in my mind. If there was no anger, all I'd get is a broken nose.

**Anger does not come from our parents.** We love to blame our parents! Actually, if Buddha is wrong in his assertion that our mind comes from previous lives and is propelled by the force of our own past actions into our mother's womb, and if the materialists are

right in asserting that our parents created us, then we *should* blame them. How dare they create me, like Frankenstein and his monster, giving me anger and jealousy and the rest! But they didn't, Buddha says, (nor did a superior being – but we dare not blame him!). They gave us a body; the rest is ours (including our good qualities).

**Anger is not only the shouting.** Just because a person doesn't shout and yell, doesn't mean they're not angry. When we understand that anger is based on the thought called aversion, then we can see we are all angry. Of course, if we never look inside, we won't notice the aversion; that's why people who don't express anger experience it as depression or guilt.

**Anger is not necessary for compassionate action.** The Dalai Lama responded to an interviewer once, who suggested that anger seems to act as a motivator for action, "I know what you mean. But with anger, your wish to help doesn't last. With compassion, you never give up."


We need to differentiate between good and bad, but Buddha says that we should criticise the action, not the person. As Martin Luther King said, it's ok to find fault – but then we should think, what can I do about it?

It's exactly the same with seeing our own faults, but instead of feeling guilty, we should think, what can I do about it? Then we can change. Anger and guilt are paralysed, impotent, useless.

**Anger is not natural.** Often we think we need anger in order to be a reasonable human being; that it's unnatural not to have it; that it gives perspective to life. That's a bit like thinking that in order to appreciate pleasure we need to know pain. But

that's obviously ridiculous: for me to appreciate your kindness, you first need to flick me on the nose?

**Anger is not at the core of our being.** Buddha's fundamental finding is that attachment, anger, jealousy, and the other neuroses are not in our essence. Being delusional, lies, misconceptions – it's logical that they we're not stuck with them.

This is liberating and can inform our daily practice of seeing our minds clearly, hearing the elaborate stories that underpin our neurotic emotions, learning to not believe them, and thus, gradually loosening their grip. 



## MEET Robina...

Australian-born Tibetan Buddhist nun Robina Courtin travels the world teaching Buddhist psychology and philosophy and helping those in need. Known for her work helping people in prisons in the US and Australia, Robina's life and work is the subject of Amiel Courtin-Wilson's award-winning film *Chasing Buddha*. Visit [robinacourtin.com](http://robinacourtin.com) for details.



# JAYNE WALLACE'S **LOVE** *Clinic*

*Psychic agony aunt*  
**JAYNE WALLACE** gets  
to the heart of the matter  
for four lovesick readers

## *Will my single spell ever be broken?*

**DILEMMA:** I have always believed that love finds us – we don't have to search for it, but lately I have been so lonely. I have never been married, and have been single for seven years. Can you see anyone for me in the future?

**Jayne says:** "The answer I am picking up is a very strong 'yes'. I sense a man who is a few years older than you with hazel eyes and fair hair. I can see that he has two lovely children from a previous relationship. From the moment you meet him you will recognise that he is a good soul and you will sense his grounding energy.

"Before this special man heads your way, you may need to change your mindset when it comes to love. Having strong opinions on how romance should be and what the perfect relationship looks like could be your downfall – I feel you would benefit from relaxing your high standards slightly.

"You haven't been lucky in love these last few years, but you have many blessings in other areas of your life; I can see that you have a large social circle and you are happy in your career. A lot of your nights out involve having dinner with your friends, who are all married, so you need to put your feelers out there and experience different things in order to meet available men. Try looking in your local area to see if there is a speed-dating event because it would be great fun for you. I sense that you're a good communicator so online dating may be an avenue to explore."

## **MORE HELP**

Advice here is not a substitute for professional guidance or counselling. If you are depressed or have concerns, visit your GP or call:

- The Samaritans 08457 909090
- Women's Aid 0808 200 0247

## *How can I tell if they're playing games?*

**DILEMMA:** I seem to be attracting partners who won't commit. For example, one man showed an interest, we started dating and then he broke it off, only to come back and repeat the cycle. There's another guy who says he likes me but insists I give him space because he's shy and insecure. However, I've seen him flirting with other women! Are they both just time-wasters?

**Jayne says:** "After reading your question I drew the Five of Clubs card from my oracle deck, which indicates an emotional loss from your past. I sense it has been a long time since you have had any confidence in yourself, and that you rely on other people to boost your self-esteem. You have a tendency to fall in love very quickly.

"I see that you've only had one significant romance up until now, but this ended painfully for you and I sense he was quite a selfish partner. You fall for people who talk the talk, but don't follow





## When will I re-gain my confidence?

**DILEMMA:** I am a single parent and I haven't dated anyone since having my child. Even though I am generally outgoing and confident, when it comes to relationships I am useless! Do you see anyone special for me in the future?

**Jayne says:** "You have such a fun-loving energy, I can see why people are naturally drawn to your positive outlook and zest for life. You are a very strong and independent woman, although I do sense an underlying pain that stems from your child's father. This betrayal has blocked how you view intimate partnerships and it may take a little longer for you to fully open up to another man. There's

nothing wrong with giving yourself some time; I'd suggest not pushing yourself before you are ready.

"As far as I can see, you have some self-discovering to do before anyone you would like to date comes along. There will be a few people who catch your eye, but nobody special enough to let into your life. It won't be this way forever, just until you really figure out who you are and what you want from a romantic partnership.

"I am getting a strong sense that you are creative and you would find a lot of joy from rediscovering an old hobby. This will give you a confidence boost and it'll also be an opportunity for you to relax. I feel you are the kind of person who just doesn't stop. You should enjoy this time alone to nurture yourself, so that when somebody does come your way, you'll be ready."


## WANT A READING FROM JAYNE?

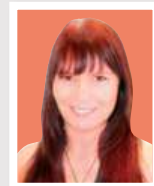
Our super-star expert is here to answer your love dilemmas! To get in touch, email your story to [soulandspiritmagazine@aceville.com](mailto:soulandspiritmagazine@aceville.com) or write to us at Love Clinic, Soul & Spirit Magazine, 23-25 Phoenix Court, Hawkins Road, Colchester, Essex, CO2 8JY, and yours may be selected. Remember to include your full name and date of birth – don't worry, these won't be included in the magazine, but will ensure that Jayne can get an accurate reading

## Where are all the good men?

**DILEMMA:** My ex husband left me for someone else while I was pregnant and I didn't have another relationship for a long time. When I finally did, it was with someone totally unsuitable and we broke up. Am I destined to be alone?

**Jayne says:** "As I link in with your energy, I see an old flame coming back into your life. You will reconnect with him through friends and the spark between you will be just as electric as it once was. "You knew him when you were about 16 years old and you attended the same school. He's a great man who brings out the bubbly side of your personality – you won't stop reminiscing and laughing about the good times you shared. As he begins to gain your trust and you get to know each other on a deeper level, he'll help you to open up your heart and mind in a way that you haven't before. I'm getting the initial 'S', and that he's on his way in the next few months.

"Everything else in your life is very focused and positive; you're a fantastic mother and your son is thriving." 



## MEET Jayne...

Jayne Wallace is an internationally-acclaimed clairvoyant medium and the owner of Psychic Sisters, a concession in Selfridges. Jayne has been a natural clairvoyant medium since the age the age of seven, and has studied widely since then to become a respected spiritual development leader, tarot teacher and reiki healer.

For more information, or to book a reading with Jayne or the Psychic Sisters, visit [jaynewallace.co.uk](http://jaynewallace.co.uk), or call **020 7318 3263**, quoting Soul & Spirit for a £10 discount.

through with their promises – both of the men you refer to are demonstrating this disrespectful behaviour.

"You have been too focused on your shortcomings; now is the time to start looking at the positives in your life. There's a change coming in the next six months to do with work, and with this new direction will come new friendships.

"I feel that you sometimes over-analyse peoples' actions. These two men are not able to give you what you want or deserve so you should move on and have faith that you will be happy again."

# COLOURING FOR ADULTS

*80 designs for mindfulness*



Beautiful Botanicals is a gorgeous collection of images to colour with pens, pencils, paints and crayons. We know just how relaxing it is to take time out from your day to enjoy the simple pleasure of colouring in. The therapeutic benefits of putting pen to paper to conjure up beautiful images is truly rewarding, and the great news is that you don't need any artistic skills to get real enjoyment. We've selected a range of images in a variety of styles - some simple; some more intricate - and all with a floral theme to help you get back to nature. So however much time you have, and no matter your level of concentration, there is something to enjoy.

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# Magic Ally speaking...

*This month our columnist delves into her spell book to dig out a string of motivational rituals you need in your habit-busting arsenal*

**M**agic is about three things: intention, energy and belief. When you perform a spell you have a clear intention, and you pump your energy into it with ritual, all the while visualising a positive outcome. But you don't have to use ancient practices for magic to work; sometimes everyday problems need everyday solutions.

Think about a habit you'd like to break, then write an email to yourself outlining what it is and why you need to get rid of it. Sit quietly and reflect on what you've typed. Take some deep breaths in, and as you breathe out, see yourself habit-free and loving life! Finally send the message to your inbox and, as you hit the 'send' button, imagine a dart of light shooting from your chest into the computer. Say, 'As I have seen, so it is in my life. I cast out the darkness and embrace the light!'

## NIGHT-TIME ELIXIR

Meng Po is associated with forgetfulness because of her powerful tea, but she's also called 'Lady Dream'. This is probably because when we drift into a dream-like state we shed our physical body and lose the conscious mind. Before bedtime, ask this goddess to help you dream up a solution to any problems you're facing.

## Time for tea


Meng Po is a Chinese goddess of the underworld. Associated with reincarnation, she brews a magical five-flavoured tea which she gives to the souls of the dead. This helps them forget their previous lives so they can start afresh when they're reborn. Take a (tea) leaf from her book, and concoct your own magical brew to keep you locked in to your resolutions and leave your old patterns behind.

Pick a sprig of rosemary to increase personal power and enhance clarity, and thyme for strength. Steep the herbs in hot water for five minutes before removing them. To the infused elixir, add a squeeze of lemon to maintain your focus, a pinch of cinnamon to ensure success, and a teaspoon of mood-boosting honey. Stir well, then sip whilst imagining how fabulous you'll feel once you've reached your goal.

## Past and present

It's thought that our previous lives can affect our present. For example, you may have low self-esteem as a result of issues from your past, as lingering thoughts lead you to manifest the same unfortunate outcomes over and over again. Thankfully, Meng Po is able to help you break past-life karma, so she is the best goddess to help you deal with this problem.

Light a white candle and gaze into the flame. Let your eyelids soften and close. Picture yourself standing in front of a cave. Inside you'll find the key to any issues in your life. Although it looks dark, you hear the comforting voice of Meng Po beckoning you. Let the visualisation unfold in your mind.

You may find yourself stepping into another lifetime, or meeting a spirit guide who can help. When you're ready, emerge from the cave and open your eyes. Make a note of what happened and look for any repeating patterns that could have an influence on your life today. 



## MEET Alison...

Alison Davies is an author and magical expert with a keen interest in folklore. She runs workshops throughout the UK and has appeared on local and national radio. A creative practitioner, Alison is adept in magical arts and psychic development.

For more information, email [alrdavies.writer@hotmail.co.uk](mailto:alrdavies.writer@hotmail.co.uk)



# MUDRAS:

## THE MIND-BLOWING POWER IN YOUR HANDS

*Awaken your inner world and FINE-TUNE YOUR ENERGY with these mystical gestures*

Ever wondered why yogis put their index fingers and thumbs together when meditating? It's not just to look more spiritual, you know! This hand gesture is called a 'mudra' and there are hundreds of variations, each steeped in symbolic meaning and used to alter the way you think and feel.

Since ancient times, Indian philosophy has taught that when your fingers touch in certain ways, prana (life-giving energy), is channelled smoothly around your body, giving you an inner radiance, unblocking emotions and helping you to develop at a soul level.

Each digit relates to one of the five elements: the thumb to fire, the index finger to air, the middle finger to the ether (space), the ring finger to earth, the little finger to water, while the palm is linked to the mind. So by manipulating your hand into different positions, you can control your energy flow.

What's more, you don't need to be standing in Warrior pose to reap the benefits – you can practise mudras anywhere. Here is our pick of the most effective gestures to help you get your om on and float through the day stress free.



### ASHVA-RATNA MUDRA

*Fulfil your dreams with the symbolic Jewelled Horse*

This mudra represents a seven-headed flying horse and is a symbol for the human soul. Practising it is said to bring peace, wealth and harmony, helping you to strengthen your resolve in order to overcome any negative patterns of behaviour that may be holding you back.

#### TRY IT NOW!

Keep your fingers straight and press your palms and fingers flat together. Fold and interlock your index and middle fingers; extend your thumbs, ring and little fingers, pressing them against the respective digit of the other hand. Hold for five minutes.

#### HOW THE MAGIC HAPPENS

By balancing the earth (ring fingers), water (little fingers) and fire elements (thumbs), your lowest chakras will become aligned and prana will unlock.



### NIVEDANA MUDRA

*For superior communication you need the Deep Listening gesture*

If you want to understand the hidden meaning behind somebody's words, your mind has to be peaceful and you need to hone your listening skills; which is where the single-handed nivedana mudra comes in to play. It's one of the simplest gestures and is easy to perform during a difficult conversation or when you need to follow complicated instructions.

#### GIVE IT A GO

Bend the middle finger of your left hand into your palm and gently press down on it with your thumb. Hold for four minutes, four times a day, waiting at least 15 minutes between sessions.

#### HOW THE MAGIC HAPPENS

By pressing down on the middle finger, you bring the ether element into balance. This helps you to focus by stopping your mind chattering and your thoughts wandering away.







## ANAHATA MUDRA

*Ramp up your love life with the Heart Chakra hand sign*

Make this mudra a part of your daily routine and your self-healing will sky rocket. It can also promote your ability to forgive by helping you observe your feelings without getting caught up in emotional reactions.

## GIVE IT A GO

Bring your right ring finger into the web between the index and middle fingers on your left hand. Place the left ring finger in between the index and middle fingers on your right hand. Curl both middle fingers down over the opposite ring fingers. Extend your thumbs and your index and little fingers; bring their respective ends together. Hold for roughly three minutes.

## HOW THE MAGIC HAPPENS

As your ring fingers (associated with the earth element) push down, excess air and ether elements are eliminated, and the fire, air and water elements come into balance, to support the heart chakra.







## JNANA MUDRA

*When you need to keep your cool, this Wisdom sign will do the trick*

This gesture is perfect for those days when nothing seems to be going your way. You'll see it being performed during meditation to stop energy becoming too airy. It's a great way to get your focus away from your thoughts.

### GIVE IT A GO

Join the tip of your index finger with the thumb of the same hand, forming a circle. Repeat with your left digits. Gently rest the insides of your wrists on their respective knees so your fingers and palms face downward. Don't create tension by trying to grab your knees for support.

### HOW THE MAGIC HAPPENS

By resting your inner wrist on your knees with your fingers pointing downwards, this pose is connecting you to your centre.

## KILAKA MUDRA

*Set goals and feel great with the Key to Good Health gesture*

Can't make a decision? Turn to this mudra when something is puzzling you. It's great for when you need to practise clarity or when you're feeling overwhelmed. It's also just the tonic for welcoming a sense of safety and structure into your life.

### GIVE IT A GO

Place the backs of both hands together in front of your breastbone. Interlock the little fingers, then join the end of each thumb to the tip of the index and middle fingers on the same hand. Extend your ring fingers so they point up slightly – you can hold this mudra for as long as you like.

### HOW THE MAGIC HAPPENS

By linking the two little fingers (water element) and joining the other elements (represented by the other fingers and thumbs), you evoke the union of your consciousness and shakti, which is the personification of the divine feminine creative power. 💎



## BE SEATED

*If you sit or kneel to perform the mudras, it's easy to fall into a deep relaxation – you may even feel an urge to sing with joy...*

### On the floor:

Place your hands on your thighs or knees. This stimulates the energy channels in your legs and balances the root chakra. For joined-hand mudras you may rest your elbows on a small cushion or blanket in your lap.

### On a chair:

Keep your feet flat on the ground, using a straight-backed chair. Relax your shoulders and lift your breastbone. Imagine that a string is attached to the top of your head, and without moving from the seat, feel your body reaching upwards.

### Legs crossed:

If your knees are higher than your hips, sit on a cushion or folded blanket to lift your buttocks and relieve tension in the lower back and hips. Sit up straight, check your head is upright, chin parallel to the floor and shoulders relaxed.

### Kneeling on your heels:

Place a folded blanket on the ground. Kneel with your feet and knees together or slightly apart. Lower your buttocks to rest firmly on your heels. If your ankles or feet are uncomfortable, cushion them with a blanket.

**WANT TO LEARN MORE?**



Check out *Mudras for Modern Life* by Swami Saradananda (£12.99, Watkins, London), from which this feature has been adapted.





# WESTERN YOGA MEDITATION

The Silva Method

## The good news

More and more people understand and agree that **regular meditation is beneficial** for our mental and physical wellbeing even to our intelligence and ultimately to our happiness.

## The puzzle

Yet, only a small percentage of those accepting its benefits learn meditating and many will not continue practicing. **Why?**

## YOGA - The Cultural Challenge

Meditation techniques have been around for thousands of years. Traditional Asian, South American meditations, not surprisingly, have their rituals and deep religious spirituality. All that is **not easily digestible in left-brain biased**, ever more **secular Western societies**.

## The solution to the Cultural Challenge

The good news is that **The Silva Method's Meditation Technique**, based on the ancient meditations and also incorporating aspects of (self) hypnotherapy, is **secular and is free of all rituals**. It is **easy to learn and is very discreet**. Can be practiced anywhere, without anybody around realising that you are actually meditating. All you have to do is, to sit down, close your eyes and mentally repeat 'three-three-three-two-two-two-one-one-one'.

More good news: **Noises will not distract you. Noises will help you relax mentally more and more.**

## Noises will help me relax? How can this happen?

It is a simple **voluntary conditional reflex** that your **subconscious** mind learns to make you relaxed physically and mentally. With a bit of a practice you will mentally stay active and able to focus on whatever you chose to.

## Is that it? Just a meditation technique?

This dynamic meditation technique is the basic tool in a mental toolbox that is designed to make use more of your mind.

The Silva Method is a simple, practical, easy to learn toolkit, designed to train you to make better use of your mental processes.

When your thought processes are improved, you act better and your outlook on life generally gets better.

**The difference between genius mentality and ordinary mentality is that geniuses use more of their minds and use them in a special manner. You will learn to use more of your mind and to use it in a special manner.**

## Where in my life can I use this mental toolbox?

The short answer is, wherever you use your mind today and wherever you want to improve it.

There are tools in here that are designed for you to **manufacture your own mental tools**.

Application areas include, but not limited to

- Stress Management
- Study & Memory
- Healing (self and remote)
- Pain & Headache and Migraine control
- Blueprint for Positive Thinking & Mental House-cleaning
- Dream Control to obtain more information for better decisions
- Getting rid of bad habits (e.g. alcohol, smoking, drugs) - without willpower
- Subjective communication (Telepathy) to improve, manage relationships
- Intuition (ESP your *sixth sense*) for your success

## Wow! That is a lot! It must take years learning it, doesn't it?

It is actually **4 full days** to do the course and then it is up to you, how much you practice.

**No tools or medication of any kind** involved. All you need is **your brain and an open mind**.

Let me ask you, how long it took you to learn to drive a car or learn to play tennis or bowling? It is the practice that is the secret.

## What about science?

The last 60 years of **Neuro-science** and **Quantum Physics** research have explained most of why and how the Silva Techniques work.

## What about my faith, my religion?

The technique is like a beautiful forest. An atheist may take a walk in it to be rejuvenated as well as a deeply religious person to deepen his/her faith.

## It must be quite a new thing, I have never heard about it

The **first course was in 1966**, after 22 years of research, in Laredo, Texas, designed and taught by **Jose Silva**.

Since then **more than 10 million people completed the course worldwide**. It is actively **taught in 60 countries** around the world, in 30 languages today.

## Where can I learn more about it?

- There are Introductory seminars (3.5 hours, with 30 minutes deep, guided alpha-level relaxation) and
  - There is a 4-day Silva Method Training course (including 20 guided relaxation/meditation exercises)
- When buying a seminar ticket, enter **Promotional Code: SOULSPIRIT** to get **£100 discount** from the course price



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THE  
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GREAT BRITAIN



# ARE YOU SABOTAGING *your spiritual* GROWTH?

**FOUND!** *The three habits that are destroying your connection with the Universe – thankfully, SHANNON KAISER is on hand to help you transform these spiritual blocks*

**W**e all have moments of inspiration throughout the day; whether it's that pull you get to visit a new place or a sudden urge to speak up about a situation that has been troubling you – and acting on that little voice is the key to a fulfilling life. But most of us don't because imagining all the things that could go wrong becomes our default setting and causes anxieties to bubble up.

By focusing on the limited time, lack of resources, or support we would get, we rationalise away our inner knowing, and soon enough the goals we have turn into far-fetched pipe dreams. So when those lightening bolt moments come to us, we must take action. Otherwise, we will continue to have wonderful ideas but nothing to show for them.

One way to break free from this rut is to recognise that you have an infinite amount of support around you – the Universe is there to help guide you to create a life you are proud of.

We all have an inner counselling system which is connected to our authentic self and when we align with it, we open up a clear channel for guidance to come through. Taking the time to listen is a vital step to building a life you love, and identifying the things that prevent you from accessing this divine knowledge is the first step in removing them.

*“Look at your life and see if there is an area where you are discounting your deep desires”*

## HERE ARE THE TOP TRAPS WE ALL FALL INTO (AND HOW TO OVERCOME THEM):

### YOU AREN'T NOURISHING THE NUDGE

To break this habit, learn to trust the inspiration that comes to you and, more importantly, practise believing in yourself. Acknowledge your value and allow the notions that come to you to inspire authentic action.

Consider taking one step today that your future self will thank you for. If you want to write a book, set time aside and put pen to paper. If you are itching to travel somewhere, go online and do some research on flights or make a Pinterest board dedicated to your ideal trip.

### YOU'RE IGNORING YOUR INNER VOICE

Look at your own life and see if there is an area where you are discounting your deep desires. Take a moment to reflect and allow your inner dreamer to come to the fore. Identify three nudges that keep popping into your mind and explore where they are trying to lead you. Is there a certain idea that repeats itself in your mind, one that you haven't acted on? Perhaps you've always wanted to change career and become a crystal healer or try out past life regression? Take a moment to listen to your heart and see what it is telling you.

### YOU ARE ATTACHED TO THE OUTCOME

Learning how to let go of the way things turn out and releasing all expectations is important if you want to manifest everything you long for. Simply trust that you are getting pulled in a direction for a reason, and feed that insight by being persistent and grateful for the journey. The more you surrender, the easier it will be to trust the guidance that comes to you. 💰





## THE SELF-SABOTAGE CLEANSE

Shannon's essential steps to halting bad habits and flourishing every day!

*Use motivational mantras*, positive affirmations and words to support your desired outcome. One of my main mantras is 'follow your joy route' – this is a way to remind myself to do what I love every day

*Changing habits* starts by altering our perspective, which is shifting our negative, fear-based thoughts into more compassionate and loving ones. The energy shift is felt immediately. But fear is always with us, as it is part of experiencing life. So by making happiness a practice, you will see long lasting results

*Comparing ourselves* to others is a negative pattern of behaviour all of us should break! The fastest way to remove this insecurity is to 'just do you'. So, celebrate your unique self, talents, gifts, and traits, and when you see someone else who has what you want, see it is an opportunity to practise love



## MEET Shannon...

Shannon Kaiser is an inspirational author, speaker and life coach who left her successful career in advertising several years ago to follow her heart. She is the author of *Find Your Happy, An Inspirational Guide to Loving Life to Its Fullest* from which this piece has been adapted.





# Your Questions answered

*Our spiritual gurus tap into their inner wisdom to steer four readers through difficult times*

## Am I a bad daughter?

**Q** *My mum and her husband of nearly 20 years have recently divorced acrimoniously, and my sister has cut all contact with him. While I don't agree with some of the things he has done, I don't want to sever my relationship with him as he has played a huge part in my life. Does this make me a disloyal daughter to my mother?*

**JERRY SAYS...** **A** "There is no right or wrong in the Universe; everything is exactly as it should be. Your stepfather did what he did and he will have learnt his lessons. Forgiveness is the highest form of love and by letting go of any resentment towards your stepfather you are loving him, and in the process, loving yourself."

"You have to be authentic otherwise you will be unhappy – and by following what your heart tells you to do, you are being true to yourself. Don't listen to others and base your decisions on their perception of life. If you were to ostracise your stepfather because of the rest of your family's opinion, you would be dulling your spirit."

"We should never do something just because others want us to, especially if we feel strongly about doing things differently. You should always go with your gut instinct or intuition; it will never let you down."

"You are certainly not disloyal and are most definitely not a bad person. You are a beautiful soul having a human experience and you deserve to feel free and to live a life full of fun, laughter and joy."

## How can I share my wisdom?

**Q** *I recently found out a male friend of mine has developed feelings for me, but I am due to marry my boyfriend. I don't really know why I am so confused. I love my fiancé deeply but I also have a spiritual connection with my friend. Why am I so upset?*

**KATE SAYS...** **A** "Lots of people find themselves awakening spiritually, but then they feel lost again when they question what to do with their new state of being. The trick is to combine the passions in your life with what you do for a living."

"After linking in with your energy, I drew The Wheel card from my oracle deck. This is a really positive sign for the changes that are coming to your professional life. You are being called to follow your dreams now, no matter what they are."

"I would suggest being bold and making contact with someone who does your dream job. Ask if you can have lunch with them to talk your plans over, or if you could shadow them at work for a few hours. You'll be surprised how helpful people can be."

"Listen to the song that sings in your heart and follow your divine path; life is too short to do anything else."



## Is my husband happy in spirit?

**Q** *Last year my darling husband passed over. While he was alive he didn't like to be away from me or the rest of his family, so I want to know that he is ok on the other side? I still love him very much and miss him every day. Do you see me ever getting through this?*

**LISA SAYS...** **A** "I am sorry for your loss and I can't imagine what you are feeling. You will have good days and bad days but the loss will always remain, although you will find a way of coping with it.

"As I connect to his energy, I sense a kind man and someone who adored his family – he is showing me that he has a great deal of love for you and that your relationship was the most important thing

in his life. He wants you to know that he is safe, and has a father and grandmother figure for company.

"I see him chuckling sweetly as he tells me what a great job he thinks you are doing in carrying on. He says that you will be happy, and that you should smile and laugh more. I can feel that all of his favourite memories are of you two having fun.

"If you want to feel his presence, try talking to him and writing letters. I sense that he has been sending signs that he is around you, but you haven't picked up on them. Keep your mind open as I feel you will get a message while listening to music. Whenever you need your husband, ask him to come and help you – and he will. Take baby steps and you will find that the pain will be more manageable day by day."



## When will I get over my ex?

**Q** *My husband left me for another woman quite a while ago, and I am still heartbroken. He is the only man I have ever loved and I just don't know if I will find anyone else like him again. Why can't I move on?*

**PHILIP SAYS...** **A** "It can feel as if there is nothing quite as painful as getting over your first love. However, you have an independent yet idealistic nature, and you love your freedom, so you need a

man who respects this, and I don't think your husband did. It does hurt and you might always have feelings for him, but he is not the one for you.

"I have taken a look at your birth chart and other than Pluto, all your planets are in Aquarius and Sagittarius. I am going to draw on these energies to try to help you see this relationship in a perspective that helps you move on.

"While you're being held in a grip of negativity that makes you feel inadequate, he is looking to the future and has found someone else. Don't keep beating yourself up because it wasn't all your fault.

"The best thing you can do is keep busy. Get involved in community or voluntary activities. Keep your inquisitive mind occupied and above all, refuse to let memories of this relationship keep you from making a new commitment with someone else. Time can be a great healer and until you meet someone new, socialise and flourish by yourself." **SS**



## MEET OUR EXPERTS



**LISA WILLIAMS** is a medium and clairvoyant with an amazing ability to communicate with spirits. She has appeared on *Oprah*, *Good Morning America* and *Jimmy Kimmel Live*, and offers workshops in mediumship, developing psychic ability, intuition and meditation. Find out more at [lisawilliams.com](http://lisawilliams.com)



**KATE GOLBY** is a well-respected angel expert, psychic and writer. She is a published author, and uses angel cards to provide divine guidance to readers' questions. For more information, visit [psychicmamma.co.uk](http://psychicmamma.co.uk) or [kateoman.wix.com/katiegolby](http://kateoman.wix.com/katiegolby)



**PHILIP GARCIA** began his career in astrology and psychic work when he was 21 years old. He is now part of the **russellgrant.com** empire. Philip is currently writing two books – one covering the seduction of the star signs and sexology, the other helping people learn the tarot. Visit [philipgarcia.com](http://philipgarcia.com) for more info.



**JERRY SARGEANT** is highly intuitive, and better known for his ability to perform what some would call miracle healings, with the use of Star Magic, a powerful healing method he created. He is the author of *Into the Light* and is currently writing *Star Magic*. Visit [thefacilitator.tv](http://thefacilitator.tv) for more details.

## DO YOU HAVE A QUESTION TO ASK OUR EXPERTS?

Send your question by email to [soulandspiritmagazine@aceville.com](mailto:soulandspiritmagazine@aceville.com), with the name of your expert as the subject, or write to *Soul & Spirit*, 21-25 Phoenix Court, Hawkins Road, Colchester, CO2 8JY. Please provide your full name and date of birth – these will not be published, but are required by the experts. Only letters chosen for publication will be answered.



# DEREK ACORAH *Pet* PSYCHIC

*Our columnist reads the energies of two pets – and taps in to the spirit of a kitty from the other side!*



## SOPHIE

### MY READING

While she has a beautiful soul, Sophie can be a cheeky devil at times. I sense that she feels rather regal, and she loves her home comforts. Sophie hates blustery weather so if it's cold outside, she'd prefer to be carried on her 'walks' – in fact, she'd much rather stay indoors!

Sophie dreams a lot and can be slightly vocal when sleeping. I feel that she would need to get to know people before relaxing in their company, as she's not keen on strangers.

Sophie shows no signs of fear in the company of larger dogs because she sees herself as bigger than she actually is! All in all, she is a darling and her human family must love her unconditionally.

### SOPHIE'S OWNER SAYS:

"I can't believe how accurate the reading is! Sophie can be a little madam at times and definitely thinks she is royalty. And, as Derek says, she enjoys the finer things in life – she even has to have her bedding a certain way before she will settle down!

"I am surprised Derek picked up on her dislike of bad weather – we live by the sea and during the winter it can be difficult to get her to walk along the beach, so I usually end up carrying her! She's definitely not scared of larger dogs – she's a little attention seeker and won't relax until she's noticed! Sophie brings so much fun and love into my life, I love her to the moon and back."



## PIXIE


### MY READING

When I first looked at this photograph of Pixie, I also saw another cat – it was black and white – and then I realised that this second kitty was in spirit. Although he has passed, Pixie's black and white friend still tries to play with her. I sense that you have a very psychic cat in Pixie, as she sees both human and animal spirits.

Pixie can be very independent and does like to spend time alone. She can be very selective with what she eats, too. Generally, she's lovely, warm and good-natured – but she does have a very mischievous side. In fact, I sense that she can go from laying quietly to doing something naughty in an instant. What a fabulous cat!

### PIXIE'S OWNER SAYS:

"Wow! That was so beautiful it made me cry! We recently had the tragic loss of Pixie's brother, Billy, who passed away in an accident. He always tried to play with Pixie but she didn't always like to join in as she likes to be left alone.

"Pixie is a very pampered girl who likes to be brushed. However, she will suddenly attack the brush and want to play for a while. Derek's right, she is a fussy eater and will let me know when she wants feeding. Thank you so much for the accurate reading." 



## MEET Derek...

Every issue we send psychic medium Derek Acorah photographs of two pets, sent in by real readers. Using his divine talent, Derek then tunes in to their energies to provide us with the readings, which we then pass onto the owners before sharing their feedback with you. Check out Derek's website for more about his readings, visit [derekacorah.com](http://derekacorah.com)

**TO HAVE A READING** Email [soulandspiritmagazine@aceville.com](mailto:soulandspiritmagazine@aceville.com) with a high-quality photo of your pet



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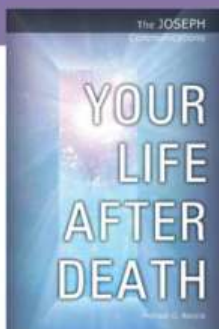
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13	HORSHAM The Capitol	01403 750220	<a href="http://www.thecapitolhorsham.com">www.thecapitolhorsham.com</a>
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17	TENBURY WELLS Regal Theatre	01584 811442	<a href="http://www.regaltenbury.co.uk">www.regaltenbury.co.uk</a>
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20	LANCASTER Grand Theatre	01524 64695	<a href="http://www.lancastergrand.co.uk">www.lancastergrand.co.uk</a>
21	LLANDUDNO Venue Cymru	01492 872000	<a href="http://www.venuecymru.co.uk">www.venuecymru.co.uk</a>

24	HAYES Beck Theatre	020 8561 8371	<a href="http://www.becktheatre.org.uk">www.becktheatre.org.uk</a>
Nov 25	FAREHAM Ferneham Hall	01329 231942	<a href="http://www.fernehamhall.co.uk">www.fernehamhall.co.uk</a>
26	FROME Memorial Theatre	01373 462795	<a href="http://www.fernehamhall.co.uk">www.fernehamhall.co.uk</a>

1	BLACKHEATH Clarendon Hotel	0208 318 7808	<a href="http://www.clarendonhotel.com">www.clarendonhotel.com</a>
Dec 2	DUNSTABLE Grove Theatre	01582 602080	<a href="http://www.grovetheatre.co.uk">www.grovetheatre.co.uk</a>
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25	SOHAM The Brook	01353 721748	<a href="http://www.brookeentertainment.co.uk">www.brookeentertainment.co.uk</a>
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For all venues and dates for Tony's shows plus workshops, news etc please visit:

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Any questions or to receive our quarterly newsletter via email contact: [sue@blondesheepvents.com](mailto:sue@blondesheepvents.com)

Thank you!





# LEARN TO READ YOUR TEA LEAVES

*You're six simple steps away from becoming your own fortune teller!*

**Y**ou'd be forgiven for thinking tea leaf reading is reserved to experienced mystics, but this ancient ritual can easily be practised in the comfort of your own home – by you! Don't believe us? We've whipped together a simple guide to get you interpreting the patterns left in your cup. So, next time you've got your friends over, why not flick on the kettle and seize the opportunity to put your new-found divination skills to practise, have a little fun and explore your intuition?

**1** **PREPARE YOUR KIT**  
Try to find a cup that is wide-rimmed and patternless to make the reading as easy as possible. You can choose loose tea leaves of any variety, depending on your mood or preference, but chamomile is great for unwinding, fennel is said to help post-dinner digestion and green tea can aid concentration and alertness.

## GET COMFY

Ideally you want to make your tea leaf reading area as serene as possible, so that you can really listen to your intuition. Begin by finding a calm, quiet space away from any distractions and, if possible, turn off any electronic devices that surround you. Adorn your table with a pretty cloth and some of your favourite things, such as candles, crystals, flowers and a journal.

**3** **BREW YOUR TEA**  
Once settled, pour the tea into your chosen cup. If you're using a teapot, don't strain the leaves as this will affect your reading. At this stage, some symbols may become visible. For example, bubbles that appear on the surface once the tea has been poured can suggest money is on its way.

Any tea leaves found floating on the top can indicate imminent visitors, with the number of leaves denoting the number of people.

## ENJOY AND RELAX

Sip your chosen beverage until you have just a teaspoon left in your cup. Take the time to savour this moment of uninterrupted peace and tranquility – doing so will help you to tune in to your higher consciousness and to welcome any messages that are trying to make their way to you.

## CONSIDER YOUR QUESTIONS

Now is the time to really think about questions that you would like answered, or areas in your life where you would like some clarity. Hold your cup in your left hand and swirl it three times, anti-clockwise. To drain off the remaining liquid, carefully turn the cup upside down onto the saucer. Keeping it held down, turn it again three times to the left, while continually asking for guidance in your mind. You will intuitively know when it's time to turn the cup over and when you do, be sure to place it on the saucer with the handle facing towards you.

**6** **READ YOUR LEAVES**  
Observe the shapes that the leaves have formed, either in the tea leaves themselves or the spaces in between; try working from the top of the cup in a downward spiral until you reach the bottom. Don't be disheartened if at first it seems like the leaves are displayed in an unorganised fashion – with persistent concentration and practice you will soon begin to notice more patterns. Moving your cup to look at the sediments from different angles can also help you to spot more images, too. 



## INTERPRETATION TIPS

- Traditionally, the length of the cup from top to bottom is said to represent distance. The rim highlights the present, the side reveals events that are in the not too distant future, and the bottom indicates the future.
- Formations at the top may nod to light issues that'll be easily resolved, such as small misunderstandings or unfounded worries, while those further down can illustrate weightier dilemmas such as a life or career change, that you may need to work through.
- Images close to the handle tend to portray home and family situations, while those opposite the handle may represent work or strangers.
- Tea leaves that form a line often indicate a journey is on the horizon; the longer the line the further you'll go.
- Individual tea stalks are said to represent people; short stalks signifying women and longer ones symbolising men.
- Try to look at the overall picture that is forming, in addition to the individual symbols themselves – they could be telling you an entire story, as opposed to standalone events.
- Remember, all readings are personal so it is important that you listen to your instincts as far as possible; images that you find may bear a certain significance, depending on your individual life experiences.
- Keeping a record of everything you see and feel during this process is also advised – you may find that consulting your notes at a later date reveals more of the meanings behind your findings.



## Look for symbols

You will no doubt come across a variety of formations, but some popular symbols to look out for include:

**Angel:** Good news, protection



**Birds:** New beginnings

**Candle:** Enlightenment



**Cat:** Listen to your intuition

**Fruit:** Prosperity



**Flower:** Fulfillment of your wishes

**Heart:** Joy, happiness





# UNLOCK YOUR AKASHIC RECORDS...

*... And discover your soul's path. We find out how you can create the life you should have been living all along with these **COSMIC ARCHIVES***

**E**ver had that nagging feeling you're not quite fulfilling your potential, but you're not sure what it is you're supposed to be doing? If only we knew our life mission, things would be a darned site easier! Well, luckily for all you spirit seekers, the akashic records detail every one of our previous lives, current situations and likely future outcomes. Accessing this cosmic computer of information can align you with your soul's highest path and your heart's true desires – it could even shine a light on why you have certain bad habits, enabling you to break them once and for all.

## **YOUR ASTRAL ARCHIVE**

The records are said to be a collection of mystical knowledge encoded into the astral plane – imagine a library of files where every person's energy is stored. "They contain all of the actions, thoughts and feelings your soul has had since it's individuation from Source," says Lisa Barnett, teacher and founder of Akashic Knowing School of Wisdom.

As well as our past lives, the records are able to show us expected events, although it's not quite the same as predicting the future. "Before you enter into this life, your soul makes plans and maps out what it needs to learn and with whom – these are called soul contracts," says Lisa. "But once you're here, you can choose to change anything. You can even decide not to accomplish or learn what you've come here for."

Linda Howe, founder of Center for Akashic Studies adds, "I like to think of the records as the 'cosmic chronicles of you'. By opening them up, you can align with skills from your soul's previous lives and help release any blockages. With this clarity, you'll recognise which choices are most empowering and can then select the next best route for your life."

## **THE MYSTICAL GUARDIANS**

According to experts who have accessed the records, there are groups of keepers (also known as beings of light) who watch over the files. "Picture them as your personal librarians," says Lisa. "They are spiritual beings who have chosen not to incarnate during your life as a human. Each soul has its own set of light beings who send us special insights," she adds.

But who exactly are these ethereal 'librarians' watching over the akashic records? Linda explains a little more:

**THE LORDS OF THE RECORDS** are spirits who have never experienced human form. They are the caretakers of the records.

**THE MASTERS** are beings of light who connect with us from our spirit's inception. They work in a group and do not reveal themselves to us, but transmit guidance to us throughout our lives on Earth.

**THE TEACHERS** may or may not have enjoyed a human life (think Gandhi, Jesus or Buddha) they are experts in spiritual understandings and work with us as we grow into awareness. Once we master a particular concept, the Teacher moves on to somebody else, and we gain a new Teacher with a fresh lesson.

**THE LOVED ONES** are people we have known in our human life but who have now passed over into the spirit realm. They are ever-present sources of comfort and encouragement for us as we delve into the magic of the records.

## **HEAVEN ON EARTH**

Because it's believed we all come from the akasha, everyone can connect with the records imprinted on this holographic source – you may have opened up to them without even realising. You know those flashes of inspiration we all have from time to time? Well, they are glimpses into divine wisdom gained from the records. Meditation and hypnosis are also common avenues for accessing the records without meaning to. "I used to accidentally wander into the records when I was doing intuitive readings for other people," says Lisa. "For many, it is a hit-or-miss thing that you can't control, but





*“Accessing this cosmic computer of information can align you with your soul’s highest path and your heart’s true desires”*

one guaranteed way to access the records is to use a vibrational key, such as a prayer,” she explains.

#### **TAP INTO YOUR RECORDS TODAY**


So now you know the theory, it’s time to get connected! As with any spiritual practice, it’s best to feel centred and calm before beginning – and an open mind is definitely a must.

Linda’s exercise is a great place to begin. The prayer refers to ‘Holy Spirit’, but feel free to change this to whatever feels comfortable for you – ‘Spirit or Universe’ will work just as well.

Begin reading the opening prayer aloud. Then go to the sentence which starts ‘Help me’ and repeat it twice, silently. Next, announce out loud, ‘The records are now open’. When you are finished, read the closing prayer.

**OPENING PRAYER:** *Oh Holy Spirit, protect me from self-centredness and direct my attention to the work at hand. Help me to know myself in the light of the akashic records. To see myself through the eyes of the lords of the records. And enable me to share the wisdom and compassion that the Masters, Teachers, and Loved Ones have for me. The records are now open.*

**CLOSING PRAYER:** *I would like to thank the Masters, Teachers, and Loved Ones for their love and compassion. I would like to thank the lords of the akashic records for their points of view. And I would like to thank the Holy Spirit of Light for all knowledge and healing. The records are now closed.*

The first time you open your records, it is recommended you simply *feel* the energy around you. You will notice a subtle but definite change and intuitively know when they’re open. The information you receive at first could come as a sensation but as you become adept you will receive clearer wisdom, and what you discover could well change your life course for the better. 



### **MEET Lisa & Linda...**

Lisa Barnett is an internationally recognised expert on the Akashic Records and founder of Akashic Knowing School of Wisdom. She specialises in teaching people how to align with their individual soul paths by accessing their own records. To find out more, visit [akashicknowing.com](http://akashicknowing.com)

Linda Howe is founder of the Linda Howe Center, where she has worked with thousands of students, using the records for personal empowerment. She is also author of *Discover Your Soul’s Path Through the Akashic Records*. To learn more, go to [akashicstudies.com](http://akashicstudies.com)



# KARMA COACH **MIND** *makeover*

*Let's reinvent bad habits into positive practises, using **NIKKI WYATT'S** transformational tips and essences*

**D**o you have dreams that remain just out of your reach? Perhaps you're renowned for having bountiful enthusiasm when starting projects but quickly becoming distracted soon after. Maybe you constantly put off taking those first steps because you're far too comfortable where you are. Fear not – your habits can actually help you. All you need to do is give them a bit of a facelift and refocus the energy into something beautiful.

## **AWARENESS IS KEY**

All actions have consequences, and once you become aware of the impact of your habits, you'll be far more motivated to change them. It's easy to think 'It's just one glass of wine' or 'I can't afford to save this month', but multiply that thought by 12 months or around 250 working days a year, and you'll see how easily you can sabotage your goals. Just bringing a packed lunch to work can save you £1,000 a year to fund a fabulous holiday, and keeping your glass of wine as a weekend treat could dramatically cut your calorie intake.

Our unconscious routines are generally responsible for getting in the way of us living our dream lives. Write down your cherished goals, then visualise your average day. Start with the time you choose to get up and your first activities. Immediately you can see whether you're starting your day scattered, focused, stressed or energised. That first hour sets the tone for the day ahead, so it's a great place to begin tweaking.



## **STAY INSPIRED AND FOCUSED**

One reason many of us don't sustain new habits is that we aren't motivated for long enough. So make your outcome measurable and remind yourself of it regularly. Place a picture of your goal where it can inspire you and be sure to tell a friend who'll remind you of your goals.

## **TAKE ONE STEP AT A TIME**

Another mistake we make is trying to do too much at once. Even if your list of unwanted habits is long, choose no more than two to work on at any given time. It takes 30 days to change ingrained patterns of behaviour, so you'll need to walk past the coffee shop for a month before your feet stop heading there.

## **ALWAYS APPLY THE PLEASURE PRINCIPLE**

If you feel you're giving up something you enjoy or you're forcing yourself to do something you dislike, it will be impossible to keep it up. We're all unconsciously pleasure-driven so it's essential to discover enjoyable replacements that'll fit with your new goals. Don't just say, 'I'm giving up sugar' or 'I won't complain any more' because sooner or later you'll feel deprived of your fix. Decide on something pleasurable that you'll do instead to keep you excited. This will also win you more friends because while loved ones may not appreciate being blinded by your halo as you virtuously refuse dessert, they'll



## NATURAL ESSENCES

### for a habit makeover

#### SKULLCAP

This essence stimulates the crown chakra and supports the development of psychic gifts. It's



very useful if you want to reduce or give up habit-forming substances, such as caffeine, that

can over-stimulate the nervous system. Skullcap is especially helpful if your habits are linked to stress and overwhelming feelings as it assists in understanding and overcoming the emotions that cause unwanted behaviour.

**Affirmation** 'I release unhealthy habits and trust myself to steer my life according to my higher guidance. I confidently open to the full expression of my spiritual gifts'

*From the Healthy Choices – Release Unhealthy Habits blend*

#### SNAKE'S HEAD FRITILLARY



Promoting self-expression, this essence works with the throat chakra.

It's synonymous with rebirth, encouraging you to change habits and calling you to step away from your old identity as well

as to rethink your life vision and to welcome a new direction. What's more, this essence soothes issues buried in the subconscious, as well as within your personal karma. It helps you to move on from seeing yourself as an individual, buffeted by life, to acknowledging yourself as an incredibly powerful vehicle of creation, free to manifest joyfully and without limitation.

**Affirmation** 'I let go of what is in the past and step into a new expression of my true essence' *From the Karmic Cleansing – Release Karmic Patterns blend*

#### TUFTED VETCH

This flower essence works on the brow chakra, bringing self-assurance and freedom from unwanted habits. It helps you to believe in yourself and your abilities, and to love and care for your spiritual self.

Instead of wanting to lean on others, it will boost your self-confidence and help you to think autonomously, as well as aiding you to make your own decisions, and to become more independent.

Tufted vetch encourages assertiveness, healthy boundaries and saying 'no' appropriately. It's especially well suited to those who tend to be too gentle and giving.

**Affirmation** 'I trust in my ability to care lovingly for myself. I am a balanced, divine sexual being' *From Virgo - Mercury/Chiron blend and Divine*



happily take an interest in your new hobby. For example, if you want to stop snacking in the evening, take up knitting or go to a fun evening class. If there's a friend or colleague who enjoys a mutual pity party, aim to say at least five appreciative things about your day when you meet. They may drift away but as you replace unwanted habits, the people and circumstances that encouraged them will change too – for the better.

#### BE REALISTIC, ALWAYS

Whatever your goal, changes need to be sustainable. Don't try, for example, to budget so strictly that you never go out. You need to enjoy the journey, even if it takes a little longer. Likewise, avoid committing to pacing a treadmill three

nights a week or you'll give up and feel like a failure. There are plenty of ways to achieve fitness, so choose something that lights you up.

If you want to call a halt to negative thinking, don't apply for sainthood or turn into Pollyanna. We all need to vent from time to time, so perhaps tell a friend and, once you've got it out of your system, ask them to find solutions with you.

#### SEEK THE SUPPORT YOU NEED

Any goal is easier with a mentor. So whether you want to meditate more often or learn pet massage, find a group and practise with one or two of them; you'll make faster progress and you're much more likely to stick at it. **SS**



### MEET Nikki...

As The Karma Coach and a vibrational medicine practitioner, Nikki Wyatt releases family conditioning and ancestral patterns causing current problems with relationships, work, money and health. For your free soul flower reading and an introductory personal attunement, visit [spiritoftransformation.com](http://spiritoftransformation.com)



# A GENIUS GUIDE TO *Guilt-free* LIVING

Want to strip shame from your past? Of course you do!  
Here are 7 STICK-TO-IT SECRETS *A Course in Miracles*  
can teach you about doing just that

WORDS BY ALAN COHEN

## IT'S NOT NATURAL

No human being, or any living thing, is born with guilt. It is a learnt response; passed down from generation to generation like a dark, heavy, ill-fitting cloak. Innocence, freedom and inner peace are our natural states. All else – especially guilt – is an anomaly to our true essence. Deep enduring happiness abides within you, you deserve it and it is your destiny.

Take a moment to recall a time in your life, perhaps when you were very young, before you learnt to feel guilty. Or remember a time when you were older and for a brief while you rose above the clouds of judgement. Where were you? What were you doing? How did you feel? Can you remember the freedom and aliveness you experienced? Even if you capture a moment of such a feeling, you have a key to your natural state. Practise such feelings as often as you can, and tilt the balance of your life towards your original innocence.

## EVERY MOMENT IS A CHOICE BETWEEN FEAR AND LOVE

Each thought you think, word you speak, and action you take proceeds from either your true nature or a distorted illusion. Innocence and guilt, peace and upset, healing and illness all spring

# 1

from that one fundamental choice. At various times during the day, especially if you become upset or you face a challenging situation or decision, ask yourself, 'What is the voice of fear or guilt saying to me now?'. Clearly identify the words and energy of the critical voice. Then ask, 'What would the voice of kindness and encouragement say to me by contrast?'. When you recognise the energetic difference between the harsh demanding voice and the gentle releasing voice, you will clearly see what to do and how to live.

## RELEASE YOURSELF BY NOT JUDGING OTHERS

When you hold someone else in the prison of your judgements, you must sit at the door of his cell to make sure he doesn't escape. When you judge others, you become susceptible to criticism, both your own and theirs. When you release others from the burden of your opinions, you release yourself.

Consider one person you've criticised in the past, and identify the trait or action that prompted you to form an opinion of them. Notice the energy and feelings those thoughts generate – you will be as far from peace as is possible. Now imagine releasing that person from the cloud of your opinions. For a moment, suspend your upset. Notice the freedom you experience. Remember, all that you give to others, you give to yourself.

# 3

# 2







## REFRAME YOUR EXPERIENCES

*A Course in Miracles* (ACIM) teaches that miracles are a result of a shift in perception. You can choose to see any situation from a viewpoint that makes you happy. To reframe, begin to see your circumstances in a new light. The facts will not change, but the way you'll feel about them will.

One night while watching a film with some friends at their home, I went into the kitchen to make some tea. Not finding a tea kettle, I took a coffee carafe and placed it over a gas flame to boil. I returned to the living room, and a minute later smelled something burning. We ran into the kitchen to find that the plastic handle had caught alight. I quickly put the fire out. Terribly embarrassed, I turned to my host and said, "Sorry."

He smiled and replied, "I didn't know you were such a good fireman!". I was judging myself for starting the fire, and my friend was complimenting me for putting it out. Same situation, entirely different perspective. While we can't always choose the situations we encounter, we can decide to regard them with love or fear, guilt or release. Therein lies our power.

Take an experience about which you feel guilty, or one for which you consider somebody else guilty, and choose another perspective that feels better. Interpret the event in your favour rather than using it to drag you or the other person down.

## QUIT BEATING YOURSELF UP

The only place the past lives is in your mind. It's not the events that have occurred that matter, but it's what you think about them now that counts. We've all made mistakes. What we do with them determines our current experience. If you keep going over your slip-ups, they rule your life. If you bless them for their teachings and find peaceful ways to look at them, they become your friends.

Consider a mistake you keep berating yourself (or someone else) about. What did you learn from this experience? How has it served you? Is there another way of looking at it that will help you move on with your life? If you were to come fully into the present moment, how would you feel?



## LET JOY BE YOUR COMPASS


Your happiness does not detract from the good of others; it only adds to it. When you are at peace with yourself, you uplift everyone you meet by the energy you express. Keep choosing in harmony with your joy, and you will attract success for yourself and stimulate others to achieve theirs. Consider a choice that would truly make you happy. How will this choice bless and serve others rather than removing their good?



## REDEFINE SUCCESS AS INNER PEACE

Most of the ways we have been taught to attain success make us miserable – perhaps because they're unrealistic or based on judgement. ACIM explains that the only real success is inner peace. When you are happy inside, you fulfil your purpose in life.

Notice what you are doing in the name of success that is making you unhappy. If you were to make inner peace your top priority, what would you quit doing? What would you do more of?

*A Course in Miracles* shines the light of greater awareness on guilt and, step by step, gently but firmly, dismantles this joy-killer. Every day, find more and more reasons for your innocence, and you'll be well on the road to freedom. 



## MEET Alan...

Alan Cohen is the author of 24 books and his work has been featured on Oprah.com. Check out his latest title, *A Course in Miracles Made Easy* (£10.99, Hay House UK), in which Alan breaks down the principals of the text into easily digestible chunks of inspiration. Find out more about his work at [alancohen.com](http://alancohen.com)



# MICHELE KNIGHT'S **SPIRITUAL** *Journey*

*From Pagan rituals to dress-up parties, Halloween is certainly a fun spiritual date for our diaries. Here's how MICHELE KNIGHT celebrates this magical night*

I love Halloween! My family, friends and I always make it a special occasion by celebrating with a huge get-together. Aside from all the fun, it's also a special day for me to honour and connect with loved ones who have passed on.

In the ancient Celtic calendar, October 31st, also known as Samhain, marks a division in the year where the season of light ends and the start of winter begins. It's the night where the barrier between our world and the spirit realm is at its thinnest, so All Hallows' Eve is the perfect time to develop your mediumship skills.

As an astrologer, I have to point out that the original Old Halloween in the Wiccan calendar is actually the day when the Sun is at 15 degrees of Scorpio and this is when it's serious practitioners celebrate the date. But whether you favour October 31st and the Celtic calendar or Old Halloween, any visualisation or rituals performed on either dates always have that extra bit of magical power, and the spirits of departed friends will feel close.

## **WELCOME SPIRITS**

Each year I begin the day by placing photos around the house of my mother, best friend Caroline and other loved ones who have passed to welcome their spirits into the home. Then I prepare an elaborate meal and decorate the table with candles and flowers, and lay places at the table for those who have gone before – including crystal glasses of wine or beer, depending on what they preferred! Another great way to celebrate their memory is to play some of their favourite music and re-tell my fondest memories of them. I believe the spirits of our departed loved ones pop in and join us for dinner at this time, so this is a deeply important ritual for me. I'd recommend it as a lovely way to honour the special people who have touched your life.

## **CELTIC CELEBRATIONS**

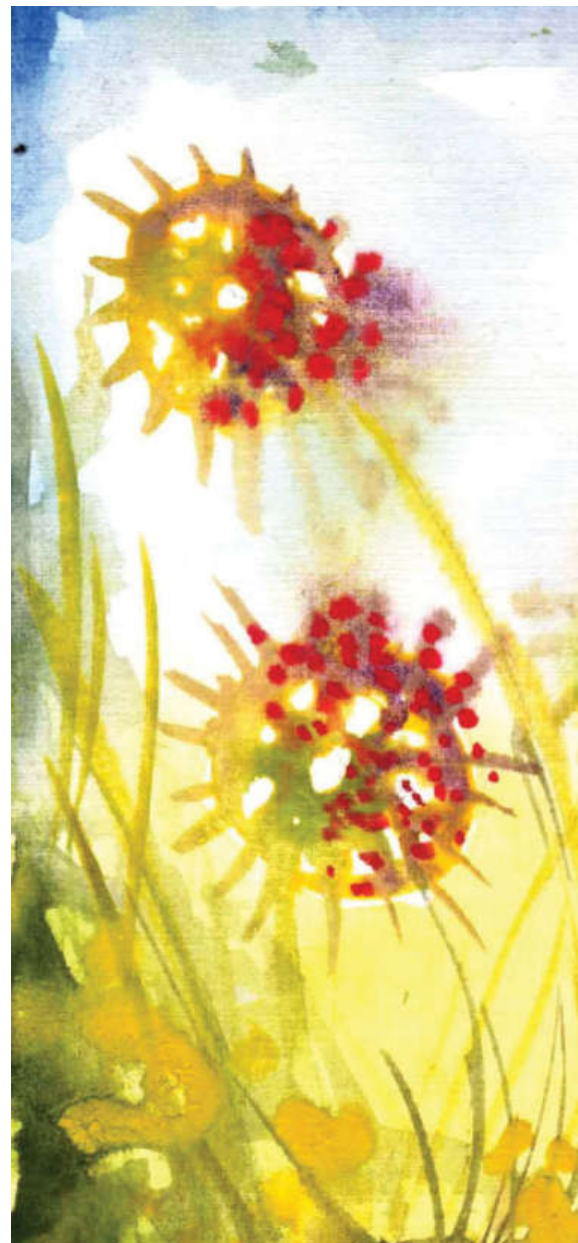
We all know the fun games and customs associated with Halloween but did you know these traditions all stem from spiritual practices? Trick or treating, for example, is often mistaken as a modern frivolity, but it actually stems from the ritual of leaving food out for ghosts who were thought to roam the Earth on this night... Spooky!

Every year, usually the first weekend of November, you will see me running around dressed up as a zombie or vampire – I love going all out with my costume! All my friends and their children get an invite to my house; we decorate it like a haunted castle and then spend the evening playing games and scaring each other silly.

However, dressing up on All Hallows' Eve was taken seriously by our ancestors, as it was thought that donning masks and costumes would ward off evil spirits – which is where the tradition of wearing costumes originates.

Carving pumpkins is linked to a spooky superstitions, too, as Irish immigrants in America first started using pumpkin lanterns at Halloween to ward off wandering ghosts and a spirit known as Stingy Jack – hence the term Jack O' Lantern. Although, in Ireland the they were made from potatoes, turnips and beats. Orange and black are the colours most associated with Halloween because orange represents the colour of the harvest and black the winter nights.

With the advent of Christianity, Halloween was incorporated into the Christian calendar and became All Saints on November 1st and All Souls on November 2nd.



## **SCRYING FOR ANSWERS**

If you want to cast a special spell, perhaps in order to get some guidance about the winter months, ensure you won't be disturbed by trick or treaters by waiting until the early hours.

Set up a sacred space and decorate it with leaves, flowers, fruit, and candles – a carved pumpkin is optional. Arrange the candles carefully to one side of a mirror and place it so you can look into it. Turn off all other lights. You can close your eyes and visualise a door between you and the spirit world. Imagine that door opening or the barrier dissolving. Now, you can either say out loud or to yourself, 'The gateway between this world and the next is now open. I invite in wisdom and understanding and anyone who has crossed over with a message for me.' If you have a specific question you can ask it or merely say, 'I am open to any thing I need to know to help my soul's journey and growth'.





### MICHELE'S WORD...

Don't miss the chance to have a fabulous night with these Halloween ideas


**1** Prepare an ancestors' altar for members of your family or pets who have passed over. You could dress it with photos, candles and flowers of their favourite colour. As this night traditionally marks the end of the harvest, add apples, squashes and bread to the altar, too.

**2** Have a bonfire. It was custom in ancient times to light a fire on All Hallows' Eve as it was thought to ward off bad fortune and honour the summer sun for the last time. You could re-ignite this tradition by having a fire of your own, take the necessary precautions, of course.

**3** If you're single and wondering about your love life, throw a long strip of apple peel over your shoulder. The shape it falls into is believed to be the first letter of your future partner's name.

For more advice, visit [micheleknight.co.uk](http://micheleknight.co.uk)

You may get the feeling you are no longer alone. If you are brave you can open your eyes and look in the mirror. Some people report seeing a faint presence reflected back, while others have visions of future events. Essentially this is scrying, and it works a bit like a crystal ball, so keep your mind open.

When you are ready, you can end the ritual simply by thanking the Universe for any guidance you have received, blow out the candles and ponder the mysteries of this wonderful pagan holiday and all it has to offer. 

### DID YOU KNOW?

*The Romans paid tribute to the goddess of apple trees Pomona at this time of year, which explains the party favourite – bobbing for apples!*





## ALTERNATIVE THERAPY FOCUS: HYPNOTHERAPY

*The key to changing your present is in your past  
– and hypnotherapy can take you there*

**C**lose your eyes. Imagine the emotional block that has been holding you back floating away. Picture the day you feel truly content and happy in your skin. Now recognise hypnosis as being the tool to change your bad habits – because chances are, it can be!

Despite being prized as an effective healing method, it has had an unfair reputation, what with the cliché image of questionable hypnotists making their clients cluck like chickens, etc. But you shouldn't overlook hypnotherapy as a gimmick, because it could reveal more about your true self than you knew existed, and could even strengthen your spirituality. What's more, if you are open to the healing process, it can allow you to make those big life changes you never thought possible...

### OPENING YOUR MIND

"Your mind is divided into three parts," says Debbie Papadakis, founder of The Hypno Healing Institute. "The conscious part holds all the rational information – it's the thinking and the questioning part of the mind. Emotions and beliefs are stored in the subconscious, which operates like an organic computer, while the unconscious part of the mind is in charge of our automatic functioning, and is affected by both the conscious and subconscious," she explains.

If there's a particular bad habit you can't shake off, no matter how many times you try, it's because there are changes that need to be made at a deeper level. "Through hypnosis you can bypass the logical, analytical layer of your brain and get to the subconscious. This is the layer that controls our behaviour, based on past memories and experiences. Once there, the therapist will give positive direction to help you achieve your goals," says Debbie.

### GOING DEEPER

Another way hypnotherapy works is by uncovering the root cause of a particular issue you're experiencing – be that a lack of confidence, relationship problems, or anxiety – and resolving it at its root. For example, if you're super sensitive to criticism, it could be because you weren't shown enough praise while growing up – and hypnotherapy can take you through your childhood to heal the trauma. "This technique is called regression therapy, and by going back in time you can transform negative feelings and limiting beliefs," explains Debbie. "By focusing on the source of the problem, and uncovering the situation at this deep level, it becomes accessible to your conscious mind, so you can resolve the issue, learn your lessons and move forward by changing your way of thinking and perceiving future situations."

### YOU ARE FEELING SLEEPY...

So how does it work and what can you expect from a first session? "It begins with the therapist guiding you into a trance-like state, similar to that of deep relaxation. Hypnotic suggestions may be delivered by the hypnotist, or they may teach you self-hypnosis techniques using 'triggers'. From here, deeper levels of the subconscious can be reached, allowing access to buried situations, generational family patterns, and even memories of past lives. When we enter this deep level of awareness, our innate self has the ability to heal and reconnect to its true nature," says Debbie. "Although responses to hypnotherapy are specific to the individual, people generally report a 'subtle change' which feels wonderful, and many clients claim that a two-hour session can feel like 20 minutes!"

If you're put off by the idea of somebody else being in control of your

mind and body, don't worry. "Hypnosis can't make you do anything you wouldn't normally do. Also, you won't be open to suggestions if you don't want to be," Debbie explains.

And what about all of those sceptic people who report that 'nothing much happened'? "If you are continually analysing and rejecting information, the results will not be achieved because this indicates that the conscious mind is still in control. Most people can be hypnotised, but those whose left-hand side of their brain is more dominant may require different induction techniques





### *Tina's verdict*

**"IT HAS HELPED ME GET TO THE ROOT OF MY PROBLEMS"**

in order to let themselves go into a trance-like state," explains Debbie. "The optimum time to have a session is when you are ready to make changes in your life and you really want the experience," she adds.

So, if you have the desire to become an even better version of yourself by healing your troubles from the past or breaking those habits you could do without – hypnotherapy is a fantastic place to start. **SS**

For more information on Debbie Papadakis, visit [hypno-healing.com](http://hypno-healing.com) or email [info@hypno-healing.com](mailto:info@hypno-healing.com)



### **REAL LIFE EXPERIENCE**

*Hypnotherapy turned Tina Martineau's fear into love*

"Before having therapy, I was holding onto unresolved anger and resentment from childhood issues. It got to the point where I was going to become physically ill if these issues were not dealt with. Debbie has a way of delving into the unconscious where limiting ideas are locked in and have a life of their own. She has helped me to get to the root of my

problems and resolve them so that I could move forward in life. By reconnecting with the innocence of my inner child, I have more compassion for those who I felt held me back in life.

"Debbie made me realise that the past can be seen from a completely different perspective, which brings me more peace and contentment. I discovered that I do love myself and where there is love, there is nothing to fear. Overall, I feel as though I am no longer just watching my life go by, but actually participating in it and taking responsibility."



# Why not TRY...

*Whether you're looking to broaden your spiritual skill set, experience a healing therapy or simply find something new to fill your time with, check out these suggestions...*

## SENDING A LOVING GREETING?



The White Sage Way is a brand new spiritual greeting card company, born out of a love of ancient wisdom – from crystal folklore to goddess mythology. Thanks to these gorgeous cards, you can say 'Thank You' with

Lapis Lazuli, the crystal with the energy of friendship, wisdom, communication and harmony, or send blessings for 'New Beginnings' with Kali, the Hindu goddess of time and change. Alternatively, why not let somebody special know just how much you care with the gentle words of 14th Century Persian poet Hafiz? There's a whole host of gorgeous designs for you to peruse and pick from, with every special occasion covered! **Prices start from £2.90, rising to £5.90 for crystal-embazoned designs. Check out the full range at [thewhitesageway.com](http://thewhitesageway.com)**



## AN EASY HEALING SESSION?

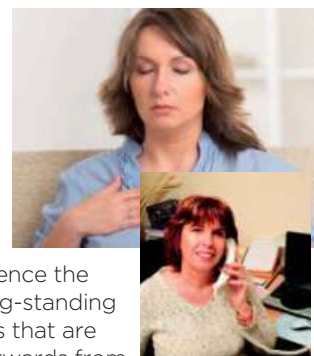
If you want a deeply therapeutic healing that works on your mental, emotional and physical problems but doesn't break the bank, the Body & Mind Matters Easy Healing from Rosemary Greenfield is priced at just £15 per healing. It's effective, long lasting and all communication is via email, so it's an ideal way to receive healing without anyone else being aware. The added bonus is you don't need to revisit your past traumas in any way. Rosemary will let you know the day you will be receiving the healing but not the specific time so you can get on with your day-to-day tasks while knowing that you are being sent loving healing to help you.

**To find out more visit, [bodyandmindmatters.co.uk](http://bodyandmindmatters.co.uk); call 01604 708832 or 07947 148894**

## SPIRITUAL HEALING?

You may have heard of spiritual healing but have you tried it? Rosemary Greenfield of Body & Mind Matters is on a mission to clear negative emotions stored by so many of us after traumas, challenges and difficult events in our lifetimes. Receiving your healing by email you can experience the benefits of clearing out your long-standing baggage and self-limiting blocks that are preventing you from moving forwards from the comfort of your home, in complete privacy, at a time that suits you and at the affordable price of £25 per healing! What are you waiting for?

**To find out more email on [info@bodyandmindmatters.co.uk](mailto:info@bodyandmindmatters.co.uk), ring 01604 708832 or 07947 148894 or visit [bodyandmindmatters.co.uk](http://bodyandmindmatters.co.uk)**



## HAVING A TELEPHONE PSYCHIC READING?

Whether you're after psychic readings, coaching, healing or counselling, Crystal Heart Psychics' caring psychic consultants are on hand to guide you on all areas of life. Focused on providing solutions, the friendly telephone team of experienced mediums work hard to boost self-trust and intuition, empowering people to fulfil their life purpose and guiding them to future happiness. With a focus on finding solutions to real-life dilemmas, Crystal Heart Psychics are dedicated to putting you at ease and helping you to heal and trust your heart, in order to feel brighter in your self.

**To find out more, visit [crystalheartpsychics.com](http://crystalheartpsychics.com); call the credit card line on 0207 754 5333 (99p per minute, 18+) ; or email [info@crystalheartpsychics.com](mailto:info@crystalheartpsychics.com)**



## HAVING HYPNOTHERAPY OR REGRESSION THERAPY?

Are you afraid to meet your potential? Do your habits and behaviours hold you back in life? If so, a hypnotherapy session with psycho-spiritual practitioner Carmen Masters could be just the thing to unlock what you want from your life, and enable you to understand what is preventing you from achieving your goals. Each session is tailor-made for your personal requirements, whether that's to deal with phobias, fears, past life or childhood issues. Carmen can help you to move forward with a combination of Spirit Release, Past Life Regression a Childhood regression and NLP techniques.

**To find out more visit, [mastershypnotherapy.co.uk](http://mastershypnotherapy.co.uk); or call 07754908 645**



TO ADVERTISE IN THIS SECTION, CALL JOY ON 01206 505944



## A MOMENT OF CALM

# Re-connect with Mother Earth

*Autumn. It's a stunning season. As nature prepares for winter, take this opportunity to also slow down; it's time to take stock of your summer and to begin planning for the months ahead.*

*So, wrap up in your favourite scarf and head to a local park or woodland. Enhance your connection with nature by inhaling deeply three times - really feel the fresh air filling your lungs. Breathe. Observe. Connect.*

*Collect a few of your favourite leaves. Hold them in your hands, picking each one up individually to notice its colour, pattern, texture and scent.*

*On your walk home, think about the words you would use to describe each of your chosen leaves. What do they remind you of? What are your favourite autumnal memories? How does the season make you feel?*

*Use your pile of foliage and your word associations to create a lasting memory of your walk. You could craft a collage, or write your favourite affirmations across the mementos, pinning them to a board for inspiration.*

*Most of all, relish in the changing of the seasons; nature's fiery display comes but once a year... 🍂*





# SOUL & SPIRIT *Online*

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## A TASTE OF THIS MONTH'S BEST ONLINE FEATURES...



*5 Spiritual Fails  
We've All Made  
(And How You Can  
Avoid them!)*



*Become A Dreamweaver:  
3 Wonderful Ways  
To Encourage Lucid  
Dreaming*



*How To Get Instant  
Answers: 6 Step  
Beginners' Guide To  
Pendulum Dowsing*



### Try this!

How would you rate yourself  
when it comes to kindness?

Take our quiz to find out whether you need  
to ramp it up a notch – and check out David  
R. Hamilton's advice on doing just that!

[soulandspiritmagazine.com/quiz-how-kind-are-you](http://soulandspiritmagazine.com/quiz-how-kind-are-you)

### COOOE, FELLOW SPIRITUAL-SEEKERS!

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we now have an  
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daily inspiration to keep  
you empowered and on the  
right spiritual track. Why  
not join us?



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\*Please note, digital subscriptions will not include  
subscription gifts, nor cover-mounted gifts



**A NEW WAY TO ENJOY YOUR FAVOURITE MAGAZINE!**





**H**ow much value do we put on self-love? (Answer: a lot). “The misconception that loving yourself is a bad thing stems from ego-based stories that scream negative judgement, whereby we compare and benchmark ourselves against others in an unhealthy way,” says Marianne Vicelich, author of *Love Always*. “This notion stems from fear and implies that we are better or worse off than another individual. You must see past the outer shell – your body, your ego, the face you show the world.” In doing so, you enable yourself to sense, feel and recognise who you really are. “Self-love is authentic, honest and comes from a place of humility.”

### Is it egotistical?

Come on, fess up. How many times have you described somebody you dislike as ‘loving themselves’? We’re betting it’s passed your lips a few times. But why is it seen to be an insult? “I think it’s because we have a misunderstanding that self-love equates to being selfish and narcissistic,” explains David R. Hamilton, author of *I Heart Me*. “We generally see these as negative character

traits and so we can be negative when someone else is showing self-love.”

“Incidentally,” relationship expert Annie Kaszina adds. “Self-love is not the same as narcissism; it is the exact opposite. Narcissism says, ‘There is never enough love for me. So, everything and everyone has to revolve around me’. Self-love says, ‘Let me know how to love myself, so that I can give love wholeheartedly, and be an embodiment of it’.”

There’s a wafer-thin line between pumping yourself with confidence-boosting assurances and feeding your ego to the point of bursting. To get the right balance, you must identify where your self-love comes from. “If we have an inner sense of our own worthiness then it’s soul-based, but when we derive our sense of worth from our successes or achievements, or even from other people’s opinions of us, then it’s ego-based. It’s important to understand that it’s normal to have some ego-based self-love (I am not enough),” says David. “Part of the progression from ego-based to soul-based (I am enough!) is becoming aware of where we get our good feelings from – doing so helps us to self-correct and thus get a better balance.”

### Does it really trash relationships?

We hate to touch on clichés, but as Annie will tell you, they are occasionally appropriate – and correct! “Before you can love another person, you do need to learn to love and nurture yourself,” she says. “If you don’t do this, you’ll end up running on empty – always giving without ever being able to truly receive.”

“Self-love has the power to transform every relationship you have by allowing you to show up as the person you already are, with no more trying to hide, or jumping through the old people-pleasing hoops.”

### How can I learn to adore myself?

Long before you reach rock bottom in the self-love stakes, take action to rev up your confidence, self-esteem and happiness. The answer may not seem obvious, but the best remedy comes when you address self-acceptance, -compassion, -forgiveness and -respect. And thankfully, we know just the right people to steer you in the that direction...



## ACCEPTANCE: WELCOME THE REAL YOU



Last time you looked in the mirror, what did you see? Brazenly, most of us can rattle off a zillion faults – oversized pores, tea-

stained teeth, the odd stray hair, countless wrinkles. Do they really matter, though? Come on, we mean *really* matter...

And it's not all about looks, how many times have you shamelessly nodded along with something you detest out of fear of expressing how you really feel, what you really like, who you really are? It's time to nail self-acceptance. David Hamilton ([drdavidhamilton.com](http://drdavidhamilton.com)) reveals all you need to know...

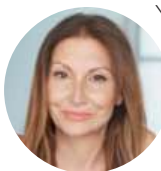
**Self-acceptance is...** having an inner sense that 'I'm ok as I am', and that 'I'm doing my best and that's ok'.

**It plays a major part in self-love because...** when we don't have it, we crave approval of others. But when we do, it sets in motion what I call the 'Acceptance Paradox': full acceptance gives rise to spontaneous change.

**The most common mistake we make is...** resistance. Many of us have learnt that a good way to change something is to create a big enough reason for change. Many of us think of our current circumstances as not being good enough and this creates leverage – it motivates, focuses and energises us to strive to create what we really want. The problem is that this can cause us to see ourselves as not good enough – and we project this into our personality, shape, size, appearance, which creates enormous resistance to self-acceptance. 'How can I accept myself when I want to change?' – that's what's going on in the mind.

**Visualisation can help because...** the brain doesn't distinguish between real and imaginary. Start by picturing a pink light in the region of the heart and affirm, 'This is the light of self-acceptance'. Then imagine this glow gradually expanding and flowing into every part of you until the whole body is surrounded by it.

## COMPASSION: Understanding your needs



Yes, we said it: you need to be sensitive to your demands. "We are all that tiny child within us; we are all vulnerable and made of pure love," says Marianne Vicelich.

"Self-compassion is the act of caring for yourself with positive grace – your health, happiness and feelings. "Don't deny your emotions; feel them, express them. Smile through your tears and tend to your soul lovingly. It's ok to be hurt; it's ok to be afraid. Embrace the softness within you – it will lead you further towards love.

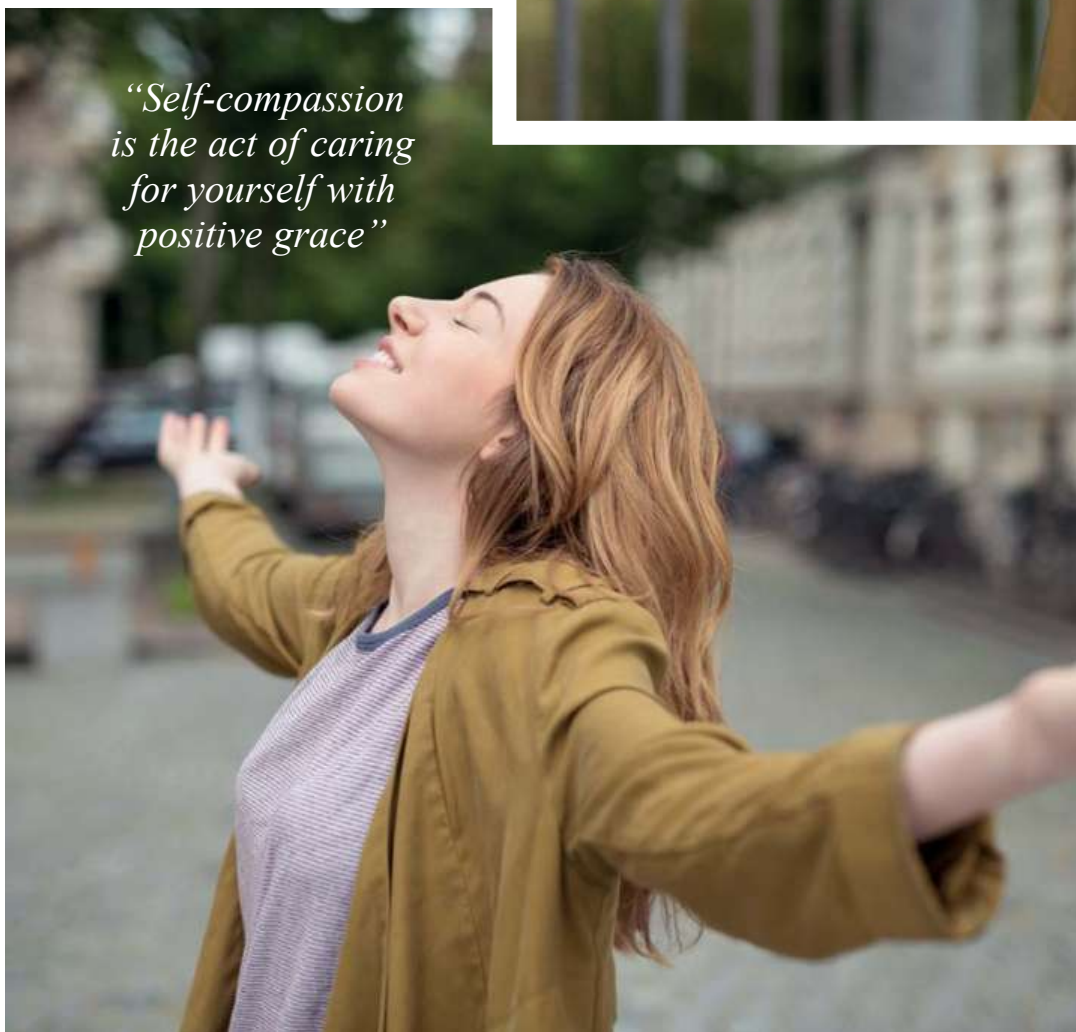
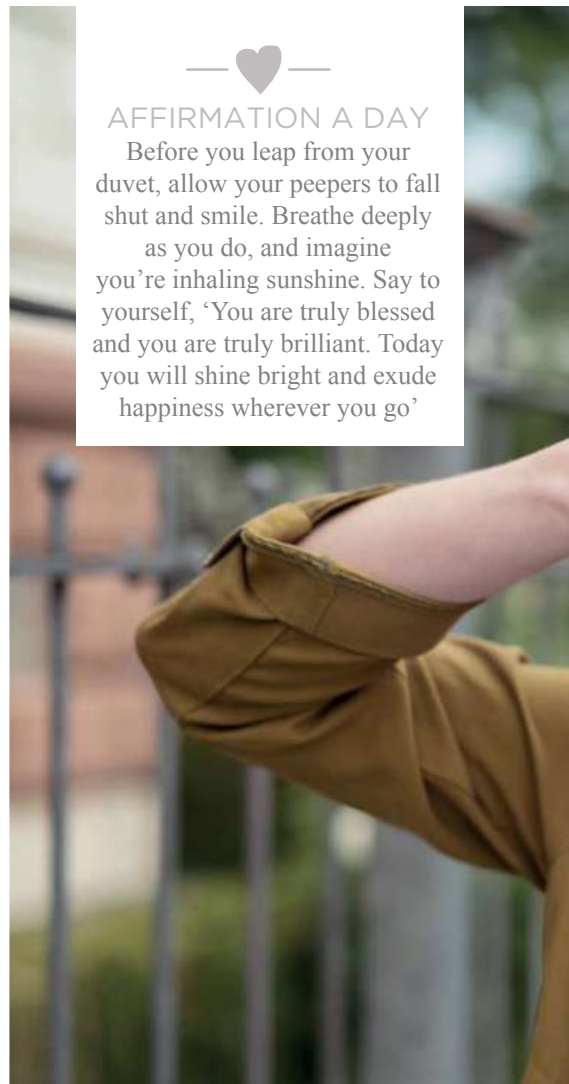
"When we hold on to grievances, our thinking is dominated by fear and it stops us from feeling self-compassion and love. So instead of being in the presence of these pure emotions, you play a parody of your true self. To have real self-compassion, you will have to be willing to make love more important than your ego – and your past."

*"Self-compassion  
is the act of caring  
for yourself with  
positive grace"*

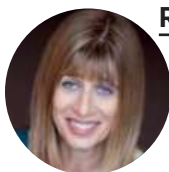


### AFFIRMATION A DAY

Before you leap from your duvet, allow your peepers to fall shut and smile. Breathe deeply as you do, and imagine you're inhaling sunshine. Say to yourself, 'You are truly blessed and you are truly brilliant. Today you will shine bright and exude happiness wherever you go'







### RESPECT: APPRECIATE YOURSELF

*Aretha Franklin's a great believer in it – and so are we! But it's not just other people's respect you need, you deserve to give yourself an abundance of the stuff, too. Annie Kaszina ([chooseyourman.com](http://chooseyourman.com)) tells us more...*

“As I see it, there are two aspects to respect: admiration and attention to the feelings, wishes, and rights of others. Self-respect means showing that same admiration and attention to yourself.”

### Recognise the problem

“The critical words and behaviour of those around us affects our self-respect the most. Words are the most powerful tool human beings have. I've seen many clients miraculously transform their lives simply by harnessing the power of words and learning to love themselves.

“People wound us, whether intentionally or unintentionally, precisely because they don't know how to consistently give and receive love, admiration and attention. The childhood habit of wrongly assuming that the way we are treated is an accurate reflection of our value stays with us into adulthood.”

### Start right here!

“The easiest thing to do is set aside 10 minutes daily to write down at least 10 things you have done that bring value, or joy, to other people (yes, even something as small as making another person smile or laugh counts). Doing this will teach you something about why you are so deserving of your own respect.”

## SELF-LOVE IN 3 KEY WORKS



*I Heart Me*  
by David R. Hamilton,  
£10.99, 0333  
240 2480,  
[hayhouse.co.uk](http://hayhouse.co.uk)



*Love Always*  
by Marianne Vicelich,  
£14.99,  
**Amazon**



*How to Love Yourself (and Sometimes Other People)* by Meggan Watterson and Lodro Rinzler,  
£10.99, 0333 240 2480, [hayhouse.co.uk](http://hayhouse.co.uk)


## FORGIVENESS: GIVE YOURSELF A BREAK

While some women can giggle at their mishaps and outshine their flaws, the rest of us can tie ourselves up in knots, wishing, longing, hoping to change our circumstances. Marianne Vicelich explains exactly why you need to forgive yourself, let it go and move on...

**When you are unforgiving...** you feel stuck, weak, angry and resentful. All those feelings contain low-level energy and therefore block your capacity to heal, grow and live life to the fullest. Forgiveness offers you a way out as you learn to let go of littleness and open up to your true inner light.

**It's the key to internal peace because...** when we forgive ourselves, we elicit a healed response. It allows us to change, learn from our mistakes and to move positively forward. By letting the past go, we make room for miracles.

### Give this a go!

In your journal, write a list of all the things you need to forgive. Acknowledge your part in the situation and call on your innate wisdom. Trust that a power greater than you can intervene in the situation – this is a crucial step in the forgiveness process. Simply say, 'I recognise that this resentment is causing me harm. I am willing to forgive. Show me the way'. The words don't matter nearly as much as your intention to let it go and surrender. 



# SOUL & SPIRIT

# Hub



WE WANT TO HEAR YOUR NEWS & VIEWS!



## OUR GRATITUDE JOURNAL

Written by you, our readers

*I'm most grateful for...*

- My life and the air that I breathe
- My loving family, both living and in spirit
- My fun-loving pets who keep me entertained
- Being able to receive angelic direction
- The guides who help me along the spiritual path I am on

*Lynn Kilpatrick, via email*

## Star letter

*"I just did the numerology exercise (featured in the July issue) to discover my personality number. Out of curiosity, I checked my daughter's numbers, too, and was pleasantly surprised when I worked out that it's 11, which means 'vision, new beginnings, higher ideals and purity'. Her name is Caitlin, which also means pure – I never really knew what drew me to that name, but it fits her perfectly! I love your magazine and I am learning so much with every issue."*

**Jaime Washington-Downing,**  
via email



## WIN!

**This month's Star Letter prize is:**

A bundle of relaxing music courtesy of Gap MuSic, worth more than £54. The CDs include *Intermezzo*, *Enchanting Moods*, *Zen Garden*, *Legacy of Light* and the *Total Spa Relaxation* album, [gapmusic.co.uk](http://gapmusic.co.uk)

## AS TWEETED BY YOU!

**@Natari\_Himi**

@soulspiritmag @Emma NewlynYoga Did my first yoga class this morning. I thought it was great – I'm going to try your free Yin Yoga course later!

**@ShelleyFKnight**

So looking forward to reading the #spiritual #career article in this month's @soulspiritmag. Just what I need right now

**@TarotTruth**

Currently relaxing to the Midori CD that came with my latest @soulspiritmag. I've been using it with my clients during reiki sessions

## WE'RE LOVING YOUR #SOULSMILES

After reading the August issue from cover to cover, Taboo settled down for a quick cat nap – thanks for sharing with us Mhairie! You've just won a three-month digital subscription to *Soul & Spirit*.



## THIS MONTH'S #SOULSMILES FEATURED PHOTO WINS:

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[soulandspiritmagazine@aceville.co.uk](mailto:soulandspiritmagazine@aceville.co.uk)



## WHAT ARE YOU MOST THANKFUL FOR?

EMAIL US WITH THE SUBJECT LINE 'GRATITUDE LOG' FOR A CHANCE TO APPEAR IN THE NEXT ISSUE [SOUANDSPIRITMAGAZINE@ACEVILLE.COM](mailto:soulandspiritmagazine@aceville.com)



SPIRITUAL TRAVEL GUIDE

# SNOWDONIA

*Awe-inspiring views aside, this national park's riddle of ghostly tales, lake monsters and a sunken city certainly turns the heads of venturesome spook-seekers*

WORDS BY ANGELA KENNEDY

**W**oven into the wild landscape of Snowdonia is a magical array of spooky stories, myths and legends. Rich with natural beauty, it spans more than 2,000 sq km, making it one of the largest national parks in the UK.

In Welsh, the area is called Eryri, which, according to some sources, means 'place of the eagles' – and it's easy to imagine these magnificent birds once soaring over Snowdonia's gorgeous coast line and varied terrain. Others say the name simply means 'highlands' – equally fitting for this mountainous place, which takes its English name from its tallest peak, Mount Snowdon. Speaking of which, this is just one of the area's many supposed hives of supernatural activity.

Legend says the impressive peak is a huge mound of large stones, known as a cairn, marking the tomb of a fearsome giant who was killed by the famous King Arthur. In Welsh, Mount Snowdon is called Yr Wyddfa, which means 'burial mound'. Arthur's surviving knights are said to be in a deep sleep in a cave

just below the summit of Y Lliwedd, a neighbouring mountain, waiting for their king to rise again.

## WELSH ATLANTIS

Are picture-perfect settings top of your holiday travel lists? You'll be hard pushed to find a more enchanting spot than the shimmering waters of Lake Bala. But it's not just the beauty of the area that makes it a talking point; beneath the lagoon is said to be a sunken city.

Legend tells of a great metropolis that once stood where this four-mile stretch of water now gently ripples on the shore. The city was inhabited by a cruel and tyrannical prince whose citizens shared their ruler's wicked, greedy and selfish traits. One day, a harpist was summoned to play at the christening of the prince's son. While the musician was rightly afraid to venture into the renowned city, his fear of it's mighty ruler meant snubbing the event was not an option. As he played, a little bird fluttered around the harpist's head

and the words 'vengeance is coming' seemed to float in the air. The little bird then led the musician out of the city and into the mountains where the man fell into an enchanted sleep. When he awoke, the city was covered by water, as its inhabitants and buildings all vanished beneath the waves.

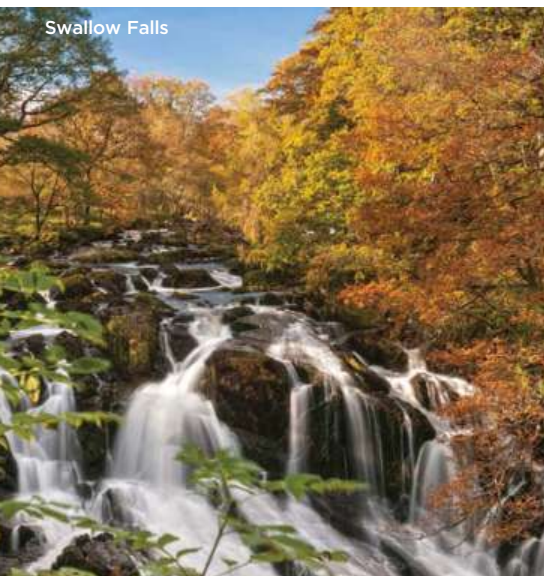
Believe it or not, in 1965, a modern village was deliberately flooded about seven miles north west of Lake Bala. Capel Celyn was sunken to create a reservoir to supply water to Liverpool's industries. How bizarre!

## GHOSTLY GUEST

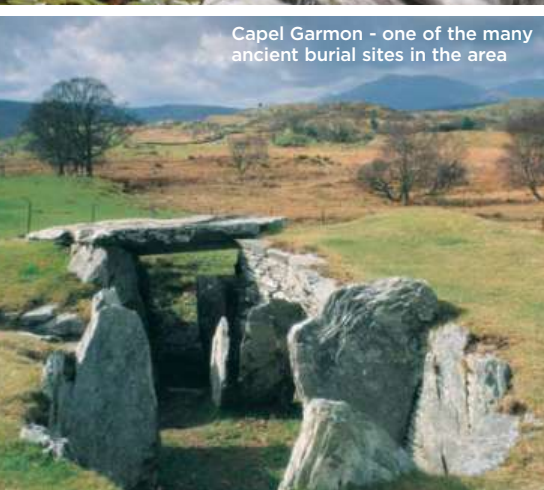
The historic mining town of Blaenau Ffestiniog lies in the centre of Snowdonia, with the mountains forming a dramatic backdrop to its huddled houses. Graham Sizmur, an investigator with Gwynedd Paranormal, reveals his experience of a ghostly intruder in a house in Blaenau Ffestiniog: "A man from the town contacted my paranormal investigations group for help with a spirit that was



Swallow Falls



Capel Garmon - one of the many ancient burial sites in the area



## FEELING BRAVE?

If you dare to try a ghost hunt with Gwynedd Paranormal, head to [gwyneddparanormal.co.uk](http://gwyneddparanormal.co.uk)

*Behind this city's gorgeous scenery is a rich history of fascinating folklore and thrilling paranormal sightings*

bothering his elderly mother. An apparition of a man would appear beside the woman's bed every night, standing over her and terrifying the old lady," says Graham. "Our investigators encountered this spirit at the house, with our medium describing him as a stocky fellow with a rough, unshaven face, wearing an old-fashioned miner's cap.

"I also saw a second, more benign apparition who was the grandmother of the elderly lady who we were helping. This particular spook told us she was simply there to watch over her granddaughter."

### HAUNTINGS OF BARDSEY ISLAND

The small island of Bardsey lies off the coast of Snowdonia and is known as the 'Island of 20,000 Saints', so it's no surprise that it's long had a reputation as a sacred and spiritual place. Legend states that many holy men and women are buried there, and it's believed to be the final resting place of King Arthur and his magician, Merlin.

In the 6th century, Saint Cadfan built a monastery on the island - hooded figures wearing monk's

habits have reportedly been sighted walking in a procession along the shore. These beings are said to appear before a natural disaster.

### A WICKED LORD

Perched on the edge of Snowdonia, in the Vale of Conwy, is the imposing Gwydir Castle. Now transformed into a picturesque country hotel, the building has an illustrious past. It was once home to the descendants of the princes of Gwynedd and has strong ties with both the Tudor and Stuart dynasties.

Climb to the second floor of the north wing and you're likely to be greeted by a spectral white lady, thought to be the ghost of a servant girl who was murdered after becoming pregnant by one of the lords of the castle. A likely suspect for the murderer is the first baronet John Wynn, who had a reputation as a tyrant.

Local folklore has it that John's spirit is trapped for eternity beneath the Swallow Falls waterfall in the hope that his evil soul might be purified. However, rumours suggest he may have escaped his watery prison, as the ghost of John Wynn, wearing a black hat and a ruff, is said to haunt a spiral staircase near the Great Chamber of Gwydir Castle.

Supposedly, a sunken city lies beneath Lake Bala





## Real life encounter



Graham Sizmur, an investigator with Gwynedd Paranormal, shares his story of a Snowdonian pub haunted by six spooks ([gwyneddparanormal.co.uk](http://gwyneddparanormal.co.uk))

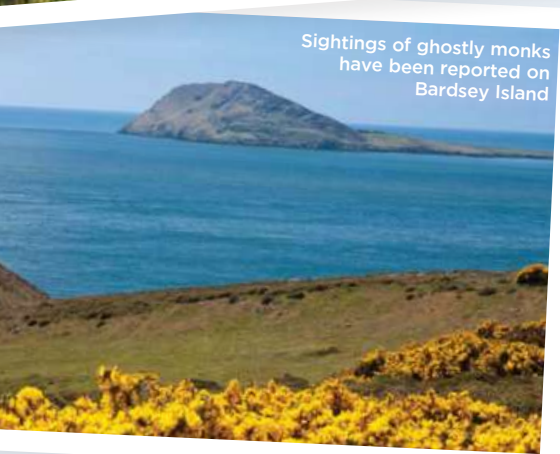
"A couple of years ago, Gwynedd Paranormal was asked to investigate a pub in Blaenau Ffestiniog. The manager had experienced strange phenomena here, but her main concern was that many guests who'd booked a room for the night were leaving in the early hours of the morning, or checking out hastily before breakfast – all muttering about the place being haunted. The disturbances began when the manager was refurbishing the upstairs.

"I have been investigating paranormal phenomena for 15 years and I normally have strong nerves, but when I walked into this pub, I felt on edge. I saw the ghost of an old man wearing a flat-cap and scruffy clothes peering around a corner at me. He was a very solid apparition but vanished before my eyes.

"Upstairs I saw various ghosts in shadow form; there were six spooks in total, including phantom footsteps and disembodied voices. I watched a small, black ghost dog trotting down the corridor. Windows of the pub were rattling and lights were flickering on and off, despite it being a calm, clear day outside with no wind or rain to vibrate the windows. Our medium established contact with one of the ghosts, who was a former landlady of the pub from the 1800s. She had a stern manner, saying, 'What are you doing in my house? Get out!'"



Snowdonia National Park



Sightings of ghostly monks have been reported on Bardsey Island



The charming Harlech Castle is rumoured to be a hive of paranormal activity

## Haunted HOTSPOTS

### THE BRIGANDS INN, MALLWYD

This 15th century hostelry takes its name from the gang of murderous highway men who terrorised the roads in this area. Known as the Red Bandits because of their copper-coloured hair, the family of thieves met their downfall when they robbed and killed the local sheriff.

The Red Bandits, which included the two very young sons of Lowri Llwyd, a female member of the gang, were caught and hung. She cursed her sons' executioners and promised them an early death. Hauntingly, one of the judges was indeed ambushed and killed. A female phantom is said to wander the Brigands Inn – perhaps it's the vengeful spirit of Lowri Llwyd?

### THE BLACK BOY INN, NORTHGATE STREET CAERNARFON

Once backing onto a convent, the spirit of a nun has been seen passing through the

walls of this public house, which dates back to 1522. During an excavation here in 1990, the skeleton of a woman was found near the inn. Later, restoration work uncovered a child's shoe, clay pipes and animal bones buried underneath the dining room floorboards. What's more, an invisible child was supposedly heard crying in one of the bedrooms – a couple of kind words settled the noisy ghost. And scarily, a customer reported feeling as if she was being choked by an unseen presence when walking up the stairs.

### HARLECH CASTLE

In October 2014, the North Wales *Daily Post* reported that a black-robed ghostly figure had been photographed looming out of an upstairs window at Harlech Castle. The spooky image was captured by medium Christine Hamlett who was visiting the Snowdonia-based coastal town of Harlech on a family holiday – she believes it to be the ghost of a former monk. 



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# IT'S ALL ABOUT

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A strong eyebrow can completely transform your face. Want to amp up your arches but maintain a natural look? Accentuate your beauty with bareMinerals' Brow Powder. Available in 'hair-like' shades, this magic dust can be used to shape and define in an easy, velvety-smooth application. Priced £14, [bareminerals.co.uk](http://bareminerals.co.uk)

## → Smooth it over

Fine lines? Bring. It. On. Marrying organic oils with lavender honey water, a few dabs of Lush's Enchanted Eye Cream, day or night, will iron out creases and give you an enviable, age-defining ping. Dark circles? No sweat! This majestic potion features sweet almond oil which targets and lightens dull skin. Priced £12.50, 01202 668545, [lush.co.uk](http://lush.co.uk)



## ← Wing it

Oh, how we love a good cuppa – and so does 100% Pure. This savvy beauty brand has traded synthetic dyes for crushed, micronised black tea leaves. The result? A smudge-proof, long-lasting and all natural eyeliner that's certainly got our vote. Priced £25, [uk.100percentpure.com](http://uk.100percentpure.com)

## ↓ Keeping rolling

Drum roll please... a speedy spin of Primavera's organic Cooling Eye Roll-On refreshes your peepers in a heartbeat. With this handbag hero, you can wave goodbye to puffy, sunken eyes that tell the story of a long, heavy week (yes, we've totally stocked up on the stuff!). Oh, and it's particularly effective for mature skin. Perfect. Priced £30, 01557 870266, [pravera.co.uk](http://pravera.co.uk)







## ← Make them pop

Sick of scanning online beauty shelves for natural eyeshadows that won't break the bank? Call off the search. The Benecos Quattro Eyeshadow features four shades to highlight, contour, line and define. Plus, it contains nourishing organic macadamia and sunflower oils that'll top up your moisture levels. Priced £6.95, 01557 870 266, [pravera.co.uk](http://pravera.co.uk)

## ↓ Brighten up

You look tired today – the four words none of us wants to hear. Give those telling dull rings a good seeing to with Circle/Delete. Part concealer, part eye treatment, this saving grace lightens your under-eye area and cancels out the appearance of wrinkles while it's at it. Priced £25, 020 8438 3277, [janeiredale.com](http://janeiredale.com)



## → Cancel out crows feet

Fight back against the telling signs of ageing and arm yourself with Weleda's Pomegranate Firming Eye Cream to stop under-eye skin slumping in its tracks. Aside from its ability to reboot skin regeneration, the blend comprises organically-grown fruit so it smells fabulous. Priced £23.95, 0115 944 8200, [weleda.co.uk](http://weleda.co.uk)



## ↑ Make a statement

No clumps here! Head-turning, full-burst lashes could be yours thanks to Pür Minerals Volume Vixen mascara. The paraben-free formula has been blended to enable a seamless build of coverage from root to tip. And the application wand has reservoirs so double-dipping is no longer necessary. Consider your make-up bag updated! Priced £15, available from

[Debenhams.com](http://Debenhams.com) \$\$



## LOOK AFTER YOUR LIDS

*Janey Lee Grace is the author of Look Great Naturally Without Ditching The Lipstick (Hay House) and runs a website recommending natural and eco products*

"As we age, we need to give ourselves extra TLC. However, when using heavy creams and make-up removers we can stretch our delicate skin. With this in mind, I use water and a natural Konjac sponge to remove cosmetics. If water doesn't cut the mustard, I suggest using a tiny amount of oil. People often think this is odd but the right oils can be very soothing. Good old

olive oil, or a tiny amount of coconut oil, works a treat as an emergency cleanser and eye make-up remover.

"To relax tired eyes, it's hard to beat the soothing benefits of chilled cucumber slices on your lids, though a couple of trusty chamomile tea bags, cooled and preferably chilled, worked nicely too. I've also read about the benefits of coffee for the eyes – not drinking it, but applying coffee-bean-infused oil!"

FIND OUT MORE ABOUT JANEY AT [JANEYLEEGRACE.COM](http://JANEYLEEGRACE.COM)



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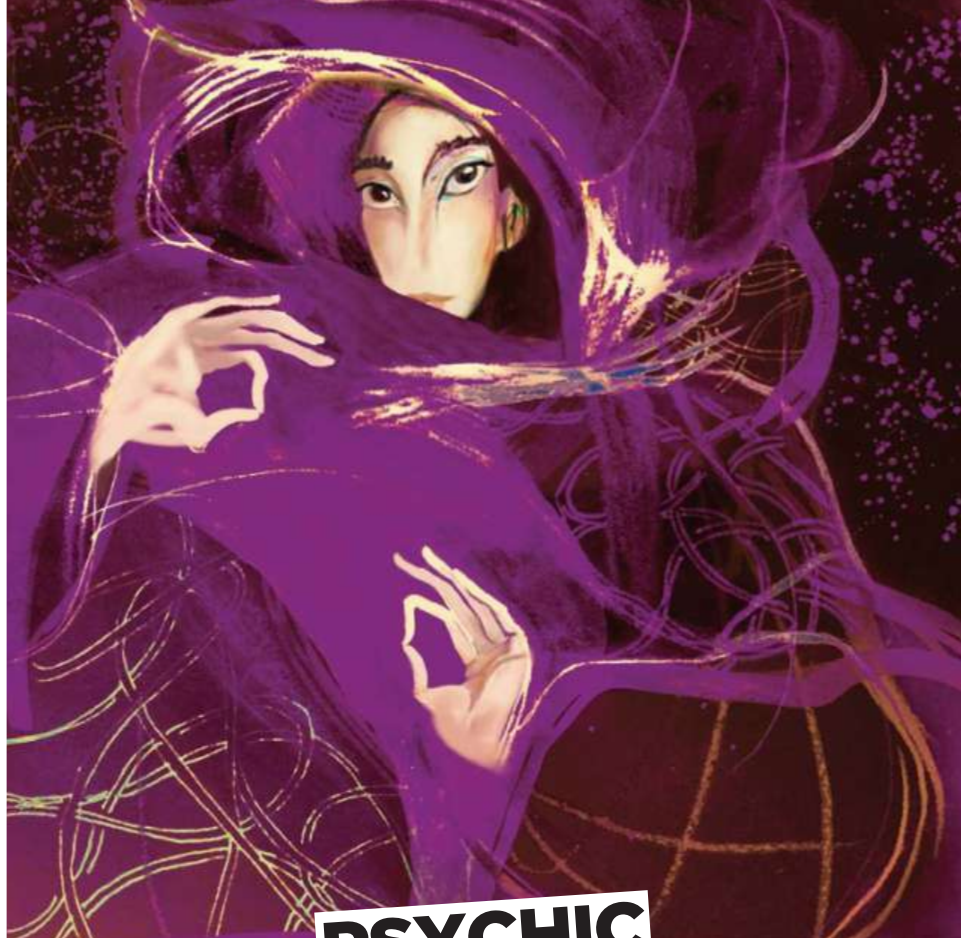
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# PSYCHIC SUPERHEROES

*Our team of mystics answer your questions on all things supernatural*

**Q** My mother passed away a few months ago and I have been to several mediums with the hope that I would be able to contact her but she hasn't come through. What should I do to encourage her to make contact with me or is it too soon for her to get in touch?

**Tony says:** "I believe that your mum would want you to communicate at the earliest opportunity. There are a number of things you can do a couple of days before seeing a medium to encourage a strong connection, such as: call out her name inviting her to link in with you; talk about her to others who share that same bond; meditate on the things she has owned or look at photographs and remember the situations captured in the images. Sitting quietly and visualising positive memories can also encourage a stronger reading."



Tony Stockwell is a world-renowned psychic medium and a tutor at The Arthur Findlay College, Stansted Hall, which is thought to be the home of British spiritualism. For more information, visit [tonystockwell.com](http://tonystockwell.com)

"Your mother may not need any of this to help communicate, but it's more about preparing you, the sitter, to be open to receive a clear connection from her. Either way, my experiences would suggest that all of the tips previously mentioned really do make a huge difference. I hope you receive the messages that I know can have the capacity to change your life. But, if not, don't despair – she will come through, in time."

**Q** I would like to have a psychic reading but there are certain things about my past I wouldn't want to discuss. If I visit an intuitive will they be able to read my mind and touch on situations that will make me feel deeply uncomfortable?

**Gordon says:** "Firstly, you must understand that psychics are not mind readers, and all of your darkest secrets are not going to be revealed! Some intuitives may pick up on episodes of your life because they are sensitive to the atmosphere around you,

and, if you are holding on to emotional problems the psychic might be aware of this.

"A truly gifted medium should be trying to help you and would be very positive, putting you at ease from the outset. I'd suggest giving any psychic who makes you feel uncomfortable a wide berth."



Gordon Smith, also known as the Psychic Barber, is an internationally acclaimed medium. To find out more visit, [gordonsmithmedium.com](http://gordonsmithmedium.com). He is also the author of *The Unbelievable Truth*, (£9.99, Hay House).

## DIVINE GUIDANCE

**Q** I can't hear or see my spirit guides but I have heard that writing could help me channel messages. What is the best way to start?

**Jolene says:** "The best tool for this is automatic writing, which is a very effective form of engaging with the other side, and requires you to write without pre-determining the words. It has been used for centuries as a psychic tool to link us with a higher part of ourselves and to make direct contact with spirit."

"Before you start, I'd recommend creating a peaceful space for yourself; either choose a quiet room in your home, or perhaps wrap up warm and find a nice spot outside. You can also light a candle to set the scene. It's always best to lay out a clear intention to connect with pure, loving energy, and to focus on clearing your mind of all thoughts and worries, and any mind chatter. I always find meditating beforehand to be really helpful."

"I'd also suggest setting some questions in your mind prior to picking up a pen and paper. They can be about anything you would like guidance on. If you don't feel anything coming through at first, then leave it for a while (maybe go for a long walk) before revisiting the queries you want answering at a later date."



Jolene Setterfield is a third generation psychic medium. She is also a motivational speaker and teacher, showing people how to open up to their intuition. Visit [jolene.com](http://jolene.com)



# *Hold on, what is* SHAPESHIFTING?

*Think The Little Mermaid and shamanism have nothing in common? Think again. Jump on board as we explore the TRANSFORMATIONAL technique linking the two...*

WORDS BY ALISON DAVIES





**H**ave you ever wondered how wonderful it might be to sprout wings and soar through the sky like an eagle, or run with the grace and speed of the cheetah? According to legend, and many spiritual gurus from all corners of the globe, it is possible. Those in the know call it shapeshifting: the ability to transform, either physically or mentally, into another creature. It might sound like the plot from a supernatural movie, but this exercise has been around since the beginning of time. In fact, the idea that humans can, through deep meditation, change the energy of their aura to see, think and become the animal of their choice, or to simply take on board it's movements and strengths, is a common one.



Early folk stories, which often evolved into fairy tales, alluded to humans transforming into animals and vice versa. Think *Beauty and the Beast* or the *Frog Prince* and all of those early myths about mermaids and selkies who shed their skin to assume human form. Our ancestors wanted to make sense of the world, they could see and appreciate the variety of creatures that shared the Earth and they loved to learn more about them. Shapeshifting was a way of making that connection and of conquering any fears they had of the unknown. By becoming an animal, they were able to shift their perception and see the world differently, and most did this through story. Some, though, are believed to have had the ability to transform their spirit and take on physical attributes, even supposedly transforming into a creature.

### Where it began

It's difficult to pinpoint the origin of shapeshifting to one particular mythology; it exists everywhere, from tales of Zeus turning into a bull or a swan, to the mercurial Norse god Loki, who, according to legend, could turn into a woman, a horse and even a giant! There are even pre-historic cave drawings which seem to suggest a belief in this kind of magical transformation.

Within ancient tribes spanning the world, it was common to have a wise man or woman who possessed the ability to transform themselves through ritual and dance. This person was deeply respected and called upon to protect their people. What's more, their connection with the spirit world meant they could engage with animals and take on some of their characteristics. In some cases they would dress up, wearing skin and feathers, or donning horns as headdresses, to help make the transition smoother.

### Modern mastery

All that said, shapeshifting isn't a practice resigned to the depths of history, today there are still those who transform, whether on a deeply spiritual level through ritual and meditation, or by taking on physical attributes of the creature and literally shifting in body. In West Africa, a secret society called The Leopard Men was recently uncovered. Their practices included wearing leopard skins to help them 'turn' into the animal, taking on board it's skills and strengths.

### Bewitching legends

It seems we're mesmerised by the idea of shapeshifting, but why? Some scholars of folklore believe it's because of its strong links with death and rebirth. For example, in Celtic myth, Gwion transforms into a number of animals in a bid to escape the sorceress

## TRY IT FOR YOURSELF

### Transform your energy and shift your spirit with this simple meditation

Close your eyes and breathe deeply. Let your body relax and notice a warmth in the centre of your chest, around the heart. Feel that warmth spreading throughout your body. Picture your aura extending outwards. You might notice a tingling sensation as you do this.

Now imagine falling backwards inside your body, until you literally drop out of your physical form. See yourself floating in the air as a being of light. If it feels comfortable, you might want to imagine your body assuming another form. Embrace the sensations as your spirit transforms. Continue to breathe and acknowledge any emotions or thoughts that arise.

When you're ready, see yourself morphing back into your spirit form, and returning to your body. Focus on the feeling in your chest again and open your eyes.

Ceridwen, but is eventually swallowed as a grain of wheat. He is then reborn as the bard Taliesin. In this tale, shapeshifting was necessary for his survival and for him to find a new state of awareness.

Back to the modern day, shamans and healers often go into a trance-like state when working with clients, in order to search other

**"It might sound like the plot from a supernatural movie, but this exercise has been around since the beginning of time"**

realms for lost parts of a person's spirit. While doing this, some may take on a different form, metamorphosing on a spiritual level into their animal totem. This helps them move into a new state of awareness, just as Gwion changed and was born again as Taliesin. The transformation can be hard to see with the naked eye, unless you have heightened psychic abilities, but those

who can tune into the higher self have reported seeing physical transformations, too.

Whether it's merely the make-up of enthralling mythology or a tool for deepening your spirituality, the notion that we all have the ability to embody the characteristics of another being certainly tickles our spiritual taste buds. Glean inspiration from this technique and open up to the power animal inside you. Fuel yourself with the fierce energy of a proud lioness, uncover the wisdom of the owl, and heighten your spiritual awareness by engaging with your inner hawk. Whatever animal you connect with, use their energy to free your fears and let your spirit soar!





## LOVE TWILIGHT?

Those hunky wolves are perfect examples of fiction's finest shapeshifters, morphing into fearsome beasts when enraged

## SHIFTING AROUND THE WORLD

The idea of transformation from one being to another is of universal fascination because as individuals we are forever evolving and reinventing ourselves. Most cultures have some sort of shapeshifting myth that they work with, whether based on a well-known legend like the werewolf or something more obscure. Speaking of which, here are some less common, but equally intriguing, shifters to look out for...

### Forest-dwelling leschy

The leschy come from Slavic mythology. They're mischievous woodland spirits who can shapeshift into any form. Sometimes appearing as plants or shrubs, wild animals or men, these lords of the forest can shrink to the size of blades of grass or grow as tall as trees. They are said to have beards made out of vines, pale skin, large green eyes and horns, and generally appear in human form.

Leschy are believed to enjoy leading humans astray. However, legends state that if you want to protect yourself from them, you should turn your clothes inside out and wear your shoes on opposite feet.


### Alluring kitsune

These fox fairies originate from Japan and usually appear as beautiful young women. However, they maintain some aspect of the fox after their transformation. This means that they can appear otherworldly with light fur on their skin, whiskers and enchanting fox-shaped eyes. Incredibly powerful, the kitsune are thought to be able to control storms and shoot bolts of lightning.

### Mind-strong encantado

In Brazil, if you see a strange-looking character with an oversized head, wearing a hat, it could be an encantado. These shifters usually appear as dolphins or sea snakes but they like to take human form at night. When they transform, aspects of the sea creatures stay with them, meaning they have protruding foreheads – hence the hats which are used as disguises. These supposedly have the power to control the mind and drive mortals loco, too.

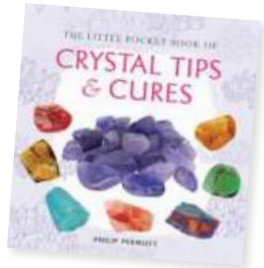
### Fearsome wendigo

Half man, half beast, the wendigo is a savage creature who has the power to slip into human form. Most commonly appearing in the legends of the Algonquian people, who believed that if you ate human flesh, you were in danger of becoming this beast. Associated with greed, these creatures were often portrayed as skeletal, with decomposing flesh... Spooky! 



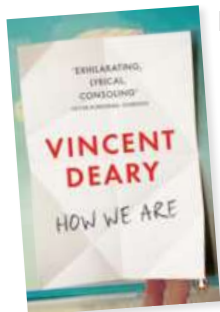
# the BOOKSHELF

*Looking for a great book to bury your nose in to? Give one of these uplifting new titles a try*



## THE LITTLE POCKET BOOK OF CRYSTAL TIPS & CURES

Not sure where to start with crystals? This pocket guide will help you to find the right ones for your needs. Beautifully illustrated and organised into 12 sections for easy reference, you'll have no problem finding the right crystal for your health, harmony and happiness. Priced £9.99, [rylandpeters.com](http://rylandpeters.com)



## HOW WE ARE

Do you find it difficult adapting to the changes that life throws at you? In *How We Are*, health psychologist Vincent

Deary explores ways of tackling and improving our reactions to common scenarios such as moving house and bereavement. Priced £9.99, [penguinrandomhouse.com](http://penguinrandomhouse.com)

## FREE YOUR MIND

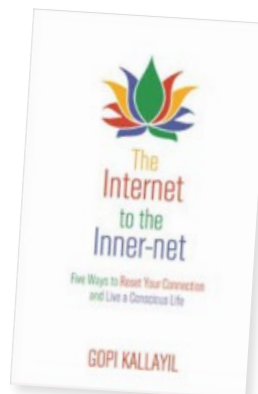
It's often difficult to break free from repeated patterns of thinking. *Free Your Mind* will help anyone looking to harness their inner power to bring

about emotional and spiritual growth. With its easily digestible step-by-step guides, you'll be able to get rid of mental clutter in no time. Priced £11.99, Divine Arts, [Amazon](http://Amazon).



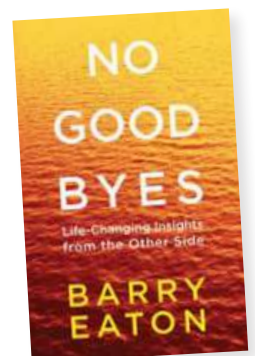
## THE INTERNET TO THE INNER-NET

These days, it's practically impossible to escape the internet and this can affect the connections we have with our inner consciousness. Well-practiced in balancing a fast-paced job at Google alongside meditative practices, Gopi Kallayil provides ways to mindfully re-connect and to live life as purposefully as possible. Priced £12.99, [hayhouse.co.uk](http://hayhouse.co.uk)



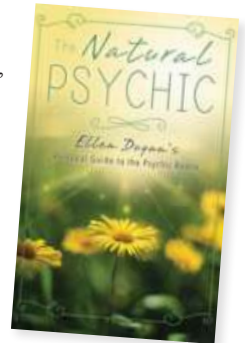
## NO GOODBYES

Filled with fascinating insights into the afterlife from psychic intuitive Barry Eaton, *No Goodbyes* imparts wisdom on dealing with some of the bigger questions in life and provides strategies for overcoming our fears of the unknown. Priced £12.99, Allen & Unwin, [Amazon](http://Amazon).



## THE NATURAL PSYCHIC

Whether you're an advanced mystic practitioner or a curious beginner, award-winning author Ellen Dugan will equip you with everything you need to know to expand your potential. From clairvoyance to mediumship and tarot cards, this book will arm you with practical tips and knowledge to aid spiritual growth. Priced £11.22, Llewellyn Books, [Amazon](http://Amazon).



## DO YOU KNOW YOUR GUARDIAN ANGEL?

It's easy to miss incoming spiritual messages. Brimming with helpful Q&As, inspiring real-life angel stories and space for your own journal entries, *Do You Know Your Guardian Angel?* Will help attune you to signals that might otherwise be lost. Priced £12.99, [rylandpeters.com](http://rylandpeters.com)







HAUNTED  
TAKE OVER!

# MIND, BODY & SOUL TRAVEL

*If you're wondering how to celebrate Halloween this year, why not check out some of the most haunted hotspots in Britain?*

## Chillingham Castle

### AT A GLANCE

**Location:** Northumberland

**Dates:** Family fireworks will take place on 31st October 2015

**Best for:** History buffs

**Price:** £120 per one-night stay in the Guardroom; fireworks £5 for children, £10 for adults, £25 for a family ticket

### Historic friends

Chillingham castle is renowned for the ghoulish characters that roam its hallways – which is not surprising seeing as it has been home to no less than eight gruesome

executions throughout history. Nestled in the Northumbrian countryside, 10 miles from the coast, the castle boasts dungeons, large grounds, ghost tours and visits to a torture chamber, making it the perfect spook-packed getaway. Should you be brave enough to stay the night, be on the lookout for frequently-spotted resident ghosts including 'Lady Mary' and 'Blue Boy'.

### Family fireworks

If don't fancy staying over, you can still enjoy an evening of family fun on 31st October. Activities on offer include ghost stories, fancy dress competitions, live music, face painting and ghost tours. But best of all, the night will conclude with a spectacular fireworks display.







## The Jamaica Inn

### AT A GLANCE

**Location:** Bodmin Moor, Cornwall  
**Best for:** Stepping back in time  
**Price:** Rooms start from £79 per night  
**Contact:** [jamaicainn.co.uk](http://jamaicainn.co.uk)

### Supernatural setting

Built in 1750 as a respite for weary travellers crossing the Bodmin Moor, Jamaica Inn has historically been an ideal location for smugglers to store their loot. The inn's paranormal activity has provided inspiration for books, films and a BBC TV series – it's even been featured on the popular TV show *Most Haunted*.

### Creature comforts

Close to the Cornish and Devonshire borders and a convenient base to access the nearby atmospheric moors, the inn has 20 en suite bedrooms and an award-winning restaurant. It also has a Smugglers' Museum, bursting with artefacts for you to pore over.

### Ghost hunts

Visit this Halloween and you can take part in a series of ghost hunts and murder mystery events. The spooky pursuits will be led by a paranormal team and mediums to help communicate with the resident ghosts and spirits. What's more, late night vigils will take place in the most haunted rooms.



## House of the Dead

### AT A GLANCE


**Location:** Manchester  
**Dates:** Doors open 9th October - 1st November (check website for availability)  
**Best for:** Theatrical thrill-seekers  
**Price:** £18 per ticket for the walks and from £13 for Trapped Up North  
**Contact:** [houseofthedeath.com](http://houseofthedeath.com)

### Warehouse walk

Have you ever wondered what it would be like to walk through the set of a horror movie or to come face-to-face with creatures from your worst nightmares? If so, Manchester's House of the Dead

could be the ideal Halloween attraction for you. Occupying two floors of Manchester's Great Northern Warehouse, this thrilling venue promises to take you on one of the most interactive and immersive walks of your life.

### Spooky spectacle

Designed by the team behind some of the UK's leading horror attractions, this spectacle has taken more than six months to create and promises to be an adrenaline-fuelled night. In addition to the terror walk, House of the Dead will also host a horror 4-D gaming experience. Trapped Up North calls brave teams to solve their way through puzzles in order to escape. Warning: not for the faint-hearted! 

*"This thrilling venue promises to take you on one of the most interactive and immersive walks of your life"*







# “FORGIVENESS *is a funny word – I prefer compassion*”

*After a childhood of abuse and an unfulfilling marriage, it took a suicide attempt to make **MARY DANIELS** question her life. Here she describes her incredible SPIRITUAL JOURNEY and the wild awakening she underwent to become the coach and self-help author she*

As I looked down at the tiny spider crawling up my arm, I froze for a second. I have a phobia of creepy crawlies, but for some reason, this time, I didn't flick it away. While looking at this delicate creature, I felt something for the first time: we are all one. It was as if I was the spider looking up at me – how could I be scared of myself? Something changed after that moment, and everything around me seemed to come alive. The colours of the plants in the Italian permaculture garden where I was working seemed brighter; the air felt fresher; the cells in my body vibrated with aliveness. It was as if I had millions of fairy lights inside me and they all lit up at once. I had finally embodied the concept that we are all connected.

This wasn't my first spiritual awakening, although my previous one hadn't taken place in such an idyllic setting. I was on top of a bridge, about to kill myself. Even though I wasn't happy in my marriage and I had been abused as a child, I did have incredible joy in my life; I had met people who had sparked my interest in spirituality, set up my own business as a teenager and lived abroad, become a mentor and life coach, and had a beautiful son. But on that particular day, I had had enough.

A strong feeling washed over me, I felt calm as I surrendered to the situation. I didn't even think about dying; I just knew that everything was going to be ok, and a deeper understanding of myself as a spiritual being set in. I then became

hysterical. Something inside me said, 'This isn't your path'. So I thought, well, if I'm not going to kill myself – what do I do now?

I now call these lightning bolt moments 'trigger events' and it's only in hindsight that I am able to appreciate the full magnitude of them. Joining the dots between these situations and the changes I needed to make to discover my true self, was a slow process. But, after that moment on the bridge, I knew I was way off track.

## FINDING MYSELF

This was not me – I love life and I love people! I had a wise friend called Mandena, who I met while living in Holland, and she would try to guide me and ask me all sorts of probing questions – but I didn't appreciate the depth of the ideas I was being exposed to at the time. I was devoid of love for myself and I tried to fill this with other people's validation, but I didn't even realise my life was messed up. So, despite having all of this spiritual knowledge, I was still miserable. I now know that because I am so rational and like to analyse everything;



I have to really *feel* the things I think I understand. Observing my thoughts and emotions by journalling has become a vital part of my self-care journey. Over the years, I found that a set of questions would appear in my writing over and over again. These questions are in the essence of my being now. But 'What have I learnt today?' is the most important one. If I take the time to reflect, without judgement – easier said than done – I am able to unravel what's going on at the core of me, and what life has taught me each day. My journey is about getting to know myself and learning to look at situations differently.

## SPREADING LOVE

I need to spend time being still. We hear a lot about mindfulness and it's really just a way of being present. Sometimes I think I am in the moment, but I'm not. So I go somewhere outdoors, close my eyes, take off my shoes and ground myself. Then I will look at something,



Italian Permaculture garden where Mary met the spider

like a blade of grass, and try to see it as if for the first time. When I do this, I can still tap into that feeling of serenity I felt in the Italian permaculture garden.

I've realised that I can fall into the trap of being too inward-looking – there's a difference between self-care and being overly self-focused. Yes, it's important to know who I am and how I feel, but I also have to express love on a larger scale, otherwise, what's the point? My star sign is Leo so I have quite a big ego; being of service is a great way to keep that in check! And if I am really centred and living in the now, it doesn't feel like an effort – it's just a natural thing to do.

A few years ago, when I was feeling really lost, I became a volunteer at Alternatives (a venue which hosts mind, body and spirit events). I'd listen to talks by incredible people and not even take in what they were saying – I just loved being in that space! It's in a church and it became my little sanctuary. After the audience left the building, everyone who worked there would gather around and share how they were feeling; I knew I was in the right place. I then became a coordinator for the workshops and not long after I was made co-director of the place, which was like a dream come true. But, I'm not a martyr; because we are all connected, I know that if I help someone else, I am nourishing my spirit in return.

## LETTING GO

When painful things from my past crop up, I try to let the feelings wash over me like wave; when the waves go out, I am left with a sense of calm. There are certain things that get washed out to sea forever and you know you won't have to deal with them again, but this opens up a whole new layer of understanding about myself. It doesn't always have to be traumatic either – often the realisations are heartwarming and beautiful. I find forgiveness a funny word – I prefer

*“I now call these **LIGHTNING BOLT MOMENTS** ‘trigger events’ and it’s only in hindsight that I am able to appreciate the **FULL MAGNITUDE OF THEM**. Joining the dots between these situations and the changes I needed to make”*

compassion or acceptance. Because I am the same as everyone, I always think that maybe if I was that person who had experienced what they had experienced, who's to say I wouldn't have acted the same way? I can't judge someone else's actions. All I am doing is learning to accept who I am today. 💰

**Mary Daniels' new book *Wild Awakening: 9 Questions that Saved my Life* (Hay House) is out this month. She will be speaking on October 19th and October 25th 2015 at Alternatives. Visit [alternatives.org.uk](http://alternatives.org.uk) for more details**



Mary delivering a speech at Alternatives



Permaculture garden



Mary and her son

# SOUL & SPIRIT

## FREEBIES & OFFERS

*Head to our website this month to get your hands on workshop tickets, Korres beauty products, psychic readings and more*



### WIN A KORRES NATURAL BEAUTY BUNDLE\*

Winter is not the kindest season to our skin (dry patches and a dull, lacklustre complexion, anyone?), so we've teamed up with natural beauty brand Korres to help you prep your skin for the upcoming months. Up for grabs are three winter-proof bundles, worth £158 each, containing: Korres Black Pine Anti-Wrinkle, Firming & Lifting Serum, Black Pine Anti-Wrinkle & Firming Day Cream, Black Pine Night Cream, and Black Pine Eye Cream. Plus, the line has been developed to combine four key areas for anti-ageing: firming and contouring, instant lifting, anti-wrinkling, plus hydration and brightness. So you'll have everything you need to protect your skin during the change of seasons. Did we mention that all of the luxurious products are 97.7 per cent natural? For more details, see [marksandspencer.com](http://marksandspencer.com)

**Worth up to £475**

FOR YOUR CHANCE TO WIN, HEAD TO [SOULANDSPIRITMAGAZINE.COM](http://SOULANDSPIRITMAGAZINE.COM) TO ENTER

**Worth £358**



### TRANSFORM YOUR LIFE WITH THE RAISE YOUR VIBRATION & EMPOWER YOUR SPIRIT WORKSHOP, AND £100 TO SPEND ON BOOKS\*

The vibrations of our bodies are deeply connected to how we experience life. If you're interested in learning more, this workshop will help you to raise your positive frequencies, and in turn heighten your creativity, intuition and sense of empowerment.

Two readers will win tickets to attend this

inspirational one-day workshop in London, led by transformational and intuitive teacher, Sonia Choquette, on the 21st November. Helping you to live in the moment and to free your energy from negative patterns, it promises to be an event of a lifetime. Find out more about the show at [hayhouse.co.uk](http://hayhouse.co.uk)

**Worth £300**



### OVERHAUL YOUR YOGA KIT WITH A WELLCIOUS VOUCHER\*

Looking to update your yoga and pilates getup? Well, look no further as we're giving away two £150 vouchers for Wellcious clothing. Specialising in eco-friendly yoga and activewear, you'll find a stylish array of practical yet flattering designs. To view the full line, visit [wellicious.com](http://wellicious.com)



## EXPAND YOUR READING LIST WITH A WATKINS BOOK AND ORACLE CARD BUNDLE\*

Autumn is the perfect time to pick up a book and to get cosy. We have five bundles of reading matter from Watkins books to improve your well-being and to enrich your soul. Packed with titles from esteemed writers as well as two sets of Oracle Cards, this prize will leave you feeling inspired and uplifted over the upcoming wintry weeks. Find out more at [watkinspublishing.com](http://watkinspublishing.com)



**Worth  
£385**

## STAND OUT FROM THE CROWD WITH THESE STUNNING SHALKE JEWELLERY DESIGNS\*

If you're looking to adorn yourself with some new jewellery this month, this is the collection for you. One lucky winner will get their hands on three pieces: a gorgeous pendant, a set of Lotus Love stud earrings, and a third-eye Ajna chakra pendant, complete with a blue sapphire. The Lotus Love collection has been specially crafted to represent new beginnings, while the Chakra collection balances and re-ignites our energy centres – perfect for turning over a new leaf this autumn. For more information about the collections, see [shalkejewellery.com](http://shalkejewellery.com)



**Worth £290**

## WIN A ONE-HOUR PSYCHIC TELEPHONE READING WITH TAMARA TRUSSEAU\*

Sometimes we need an extra bit of direction and reassurance in our lives. So, we've partnered up with international author and psychic Tamara Trusseau to offer three winners an hour-long telephone consultation. Using intuitive clairvoyant techniques, this award-winning love expert Tamara can offer guidance and advice on any troublesome areas of your life, including relationships, finance and work. Learn more about her work at [trusseau.tv](http://trusseau.tv) and [tamaratrusseau.co.uk](http://tamaratrusseau.co.uk)



*Tamara Trusseau*

## ENHANCE YOUR RELATIONSHIPS WITH SHELLY BULLARD'S MANIFEST YOUR LOVE ECOURSE

Relationships can be difficult... and that's exactly why we're giving away three subscriptions to Shelly Bullard's Manifest Your Love eCourse. Designed to dissolve any inhibiting beliefs that could be holding you back from reaching your romantic potential, these online workshops will help you to create the relationship you have always desired and to become the woman you are meant to be. Say goodbye to those nagging doubts in no time. Check out [shellybullard.com](http://shellybullard.com) for more details about the course.

**Worth  
£378**



# IF YOU DON'T PICK UP THE NOVEMBER ISSUE OF **SOUL & SPIRIT** MAGAZINE YOU WON'T KNOW...

... THE BEST WAYS  
TO BEAT STRESS

... WHAT WE'VE LEARNT  
ABOUT TOLTECS



... HOW TO REKINDLE  
ROMANCE - THE  
SPIRITUAL WAY!



... WHAT OUR QUIZ  
SAYS ABOUT YOUR  
SOUL INTELLIGENCE



**SOUL & SPIRIT**

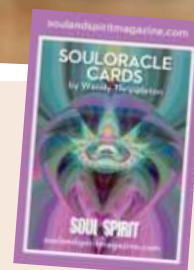
NOVEMBER ISSUE  
ON SALE 16TH  
OCTOBER  
2015

... HOW TO ATTRACT  
POSITIVE MONEY  
ENERGY



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miss out!*

FREE SOUL ORACLE  
CARDS WITH EVERY COPY!





# Spiritual SCHOOL

*No matter where you are on your soul's journey, it's never too late to brush up on the basics – and grounding is a great place to begin*

## By definition

### Grounding:

It's the spiritual act of centring our souls within our bodies and re-connecting with Mother Earth, in order to heighten intuition.

**A**re you balanced? We're talking spiritually balanced. When you begin to work with energy, it's key that you centre yourself by aligning with nature, and levelling out the physical and spiritual energy buzzing around you. Ask any established medium and they'll likely sing about their discovery of grounding and the difference it made to their gifts.

Whether you're a fledging intuitive or avid energy-dabbler, touch up your knowledge base and upgrade your spiritual emporium today, by joining us as in exploring this game-changing tool.

## 9 SIGNS YOU'RE UNGROUNDED

**Heidi Sawyer lays bare the tell-tale signals to keep an eye out for:**

- You regularly feel spaced out for no apparent reason
- You experience a sharp energetic pain in one of the chakras
- You are exhausted in the company of others
- You take on the emotions of strangers you pass in the street
- You have too much 'noise' in your head
- You feel extremely worn out after low-intensity tasks
- You have to emotionally brace yourself when entering a busy environment
- You feel 'detached' from your body
- You take on responsibility for the happiness of others



### Myth BUSTER

"Grounding is essential for everybody to cope with daily life and everything it throws at us,"

**Sue Allen, psychic medium**

## Question time



*Psychic medium and director of the School of Intuition & Healing (intuitionandhealing.co.uk), Sue Allen answers common queries*

### HOW DOES IT IMPROVE AN ENERGY WORKER'S PRACTICE?

**Sue says:** "The more grounded we are, the greater our ability to connect with the above and the more healing energy we can channel for our clients. We can access a higher level of information and be more accurate when working as psychic mediums, too. We also have a

better connection with our guides, angels and helpers."

### WHAT DOES IT FEEL LIKE TO BE UNGROUNDED?

**Sue says:** "Many people become ungrounded, or 'out of body', through trauma. It can feel as if you are alone and depersonalised, and in extreme cases, it can lead to feeling emotionally or physically numb."

### AND TO BE GROUNDED?

**Sue says:** "It brings far more control, focus, strength, clarity and understanding as well as the benefits of improved emotional and spiritual well-being. Energy management is vital for everyone."

## WHY IT'S IMPORTANT FOR INTUITIVES...

"These people have strong empathic capabilities," explains Heidi Sawyer, author of *Highly Intuitive People*. "Without grounding, a naturally intuitive person will eventually become overwhelmed and exhausted."



## What it means to me...

**International psychic James Van Praagh's retells the story of how he came to discover grounding**

"When I was young, I didn't plan on a career as a medium – I dreamed of becoming a scriptwriter for movies and television. After high school, I headed to Hollywood and landed a 'glamorous' job.

"One day a co-worker invited me to come with her to meet a medium named Brian Hurst. After delivering an uncannily-accurate reading, Brian told me I had powerful mediumistic abilities and predicted that I would use this gift to help other people.

"Brian's words haunted me. I started reading everything I could get my hands on about psychic ability and mediumship. I took advantage of every opportunity to try out my new skills – practising endlessly on friends and co-workers.

### JAMES SAYS

**"Grounding integrates our energy throughout the body – and helps to shield us from other people's energy"**

"The thing that worried me was the idea that my own feelings and emotions, or random thoughts and energy from other people, would interfere with the signals I was getting from spirit. I realised that the ability to discern those messages would be the key to my success.

"I started meditating daily and joined a development circle. In the group, we discussed the concept of grounding. Because we are electrically-charged beings, we need a grounding chord – otherwise we have too much energy in the head area, which interferes with our spiritual connection.

"In the development circle, we'd meditate and practise guided visualisations to quiet our minds and open ourselves up to spirit. As I became more grounded and present, the signals became clearer and more frequent. Now the first thing I teach my students is how to ground themselves through meditation and visualisation exercises."

**Pssst...** If you want to brush up your skills, make sure you check out James Van Praagh's newly-launched School of Mystics at [jvpschoolofmysticalarts.com](http://jvpschoolofmysticalarts.com)



**Pssst...**  
James  
has shared his  
grounding exercise  
with us – and you can  
find it on our website now,  
[soulandspiritmagazine.com](http://soulandspiritmagazine.com)



## 3 super easy techniques to try today

by author and intuitive-sensitive,  
**Heidi Sawyer** ([heidisawyer.com](http://heidisawyer.com))

### 1 Feeling spaced out or overwhelmed?

Stand up or sit with both feet on the floor, and imagine you have roots coming out of your soles. Plant them deep down into the Earth. If you are feeling spacey, imagine yourself wrapping the roots around a log, pulling them tight. You'll immediately feel better as your energy becomes more centred and focused on the body rather than head space.

### 2 Others invading your energy?

When having a shower, switch the water to a cold setting for a couple of seconds. This will shock anything that isn't yours out of your energy field. Alternatively, dash a couple of spoons of Epsom salts into the bath. Intensify this by placing a couple of clear quartz crystals in the bath or shower – particularly if you've had a bad day.

### 3 Got a block in one of your chakras?

Put your hand on the chakra (it's normally the solar-plexus or heart centre that need balancing), and quietly ask yourself what's wrong. You'll feel the energy build under your hand before a release. It works because you are noticing what the body is trying to tell you. **SS**

## CRYSTAL POWER

Nicola Carter is the owner of family-run crystal and mineral shop Nature's Treasures ([naturestreasuresdorset.co.uk](http://naturestreasuresdorset.co.uk)). Here she suggests three gems to use when centring your energy

Black tourmaline has a stabilising and anchoring affect.



Mahogany obsidian grounds and protects users.



Hematite brings our awareness to the here and now, and protects the soul.



# LEARNING Curve

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London-based

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[syritasglow@gmail.com](mailto:syritasglow@gmail.com)

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Looking for guidance on how to expand your spiritual awareness and hone your psychic potential? International psychic Syrita's four-day course can enable you to do just that!

A familiar face from TV's *Psychic Today*, Syrita teaches others how to deliver clear messages and guidance in a comforting and uplifting style. On the

course you will learn how to conduct professional readings and the best way to use psychic tools, as well as receiving valuable advice on pricing your services.

*The course will take place in London and you can enrol today with a £100 deposit. Alternatively, you can contact Syrita to arrange a one-on-one reading.*



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Visit: [taoyoga.co.uk/mantak-chia-london](http://taoyoga.co.uk/mantak-chia-london)

World-renowned Taoist Grandmaster, teacher and author, Mantak Chia will return to London in October to share six days of meditation, Qigong and cosmic healing.

Events begin with free Tao classes before his evening lecture: *Awaken the Healing Light of the Tao*. This will be followed by a two-day Taoist Basic workshop, during which Master Chia will share powerful techniques for you to generate and circulate chi in your body, to remove blockages and improve vitality. Finally, from 26th to 29th October, in the Cosmic Healing I class, he will train you to use the energies of the cosmos to heal yourself and others.

*The evening lecture on 23rd is £15 for adults (£10 for concessions); Taoist Basic Practices workshop is £240 (£210); The Cosmic Healing I class is £470 (£410).*



## BECOME A SPIRITUAL HEALER

Saturday 12th September

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Wanting to develop your healing gifts but unsure where to start?

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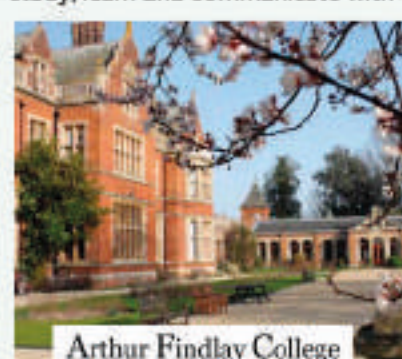
Providing guidance on how to call in heavenly spirits, you'll learn how to clear your own personal baggage and discover how to give healing to others. Helping you to discover your life's purpose, improve your confidence, to clear negative past lives and lots more. You can also earn a little extra money in the process, what could be better?

*As well as group sessions, Rosemary offers one-to-one classes, individually focused to your development needs on dates that suit you.*



## IMPROVE YOUR SKILLS AT THE ARTHUR FINDLAY COLLEGE

Dedicated to the advancement of spiritualism and psychic science, it's little wonder The Arthur Findlay College has found a fond spot in the hearts of spiritualists far and wide. Not least is the college housed on a tranquil setting, but it also delivers a favourable and varied syllabus, making it the perfect place to study, learn and communicate with the spirit world.



Inviting beginners and advanced students through its doors, you can lap up a wealth of knowledge from some of the globe's best tutors on one of the five- or seven-day residential courses that run throughout the year.

*To find out more, visit [arthurfindlaycollege.org](http://arthurfindlaycollege.org)*

## LEARN TO READ YOUR AKASHIC RECORDS

Friday 23rd - Sunday 25th October 2015

Chalice Well, Glastonbury

Contact: [lisa@akashicknowing.com](mailto:lisa@akashicknowing.com)

Visit: [akashicknowing.com/glastonbury](http://akashicknowing.com/glastonbury)

During this three-day workshop, Akashic teacher and best-selling author Lisa Barnett will teach you her five-step Wisdom Prayer System, granting you easy and clear access to your Akashic Records. Each session will be packed full of expert knowledge and practical exercises, including prayer work to help heal karma and soul contracts.

Across the three days, you will explore past lives and see how they connect to your soul's purpose, learn how your ancestral lineage affects you, and discover how to jump start your creativity. Ultimately, you will leave fully aware of how to tap into the wisdom of the Akashic Records to gain greater clarity and make new choices.



*The workshops cost £512 per person. However, book before 30th September 2015 and you'll receive a special discount, making the tickets just £416!*





# CRYSTAL Cures

Meet **TIGER'S EYE**: the gemstone revered by mystics. Discover how to use its fierce energy to bump up your bank balance, protect your aura and de-stress your home

Any healer will tell you that a crystal collection isn't complete without a trusty tiger's eye. But what is it about this golden-brown stone that makes it such a great go-to gem? Well, not only does it contain a bounty of healing power ready for you to soak up, it's also one of only a handful of stones with chatoyancy, which means it exhibits a magical glow of light, similar to a cat's eye. This unusual property makes the crystal a fabulous amulet, and it's been used as one for centuries all across the world.

In Eastern mythology, tiger's eye was associated with, unsurprisingly, the tiger, and the crystal is said to transfer the qualities of the big cat (strength, patience and determination) to whomever carries it.

chakra (in between your eyebrows) while focusing on your breath. After a couple of minutes, the gem's calming properties will help you to re-focus and feel centred.

It's not just your mind and body's energy the golden stone can affect; according to feng shui practitioners, it is an excellent choice to neutralise the atmosphere in a chaotic household. Try placing a piece near your front door, and every time you walk past, allow its grounding energy to wash over you. If you and a loved one have argued, move the crystal to the room the disturbance took place and leave it to help harmonise the vibes. This is said to help extinguish any bad feelings left lingering.

you *really* need another tarot deck?), as tiger's eye is said to lead to better decision-making, and a much happier bank manager!

## MIGHTY GUARDIAN

Much like the nazar (evil eye) amulet, the gem is thought to protect against negativity and misfortune. So if you've had a run of bad luck, treat yourself to some tiger's eye jewellery and it could help turn things around.

Traditionally, the crystal is thought to be a lucky charm when travelling, so it makes a thoughtful token for a friend who is going on a long-haul trip. Equally, purchasing a tiger's eye for yourself during times of change will allow you to

## PRETTY PURCHASES

*Treat yourself to one of these gorgeous buys and your spirit will thank you*

### BANGLE MAGIC

Feeling stressed out? Wearing this beautiful bracelet will re-balance your emotions and get you ready to face the day with a smile. Priced at £5.95, [tribesandvibes.co.uk](http://tribesandvibes.co.uk)



### DIVINE DEFENDER

Every household needs a guardian to watch over it, so place this near a window at the front of your home to encourage positive energy. Priced £20.99, [spiritwalkercrystals.com](http://spiritwalkercrystals.com)



### GOOD LUCK CHARM

Those of you who love a statement necklace will adore this elegant gemstone piece which is said to bring abundance and prosperity your way! Priced £50, [gemporia.com](http://gemporia.com)



Pieces of the gem have also been found carved into figurines of ancient Egyptians deities, as it was believed that tiger's eye could channel divine vision, and high priestesses used it as a tool to scry for future events. What's more, the Romans carried it as a talisman to safeguard against their enemies and for bravery when going into battle – so it's safe to say a piece of this fiery crystal will come in handy when you've a hectic Monday morning to get through!

## EASY, TIGER

When life gets busy and you're feeling frazzled, your vibration can become very heady – cue anxiety and mental burnout. To keep you on an even keel, hold a piece of tiger's eye to your ajna

## MANIFEST MONEY

As its golden tone might suggest, tiger's eye is said to bring abundance and wealth your way. To activate its money-giving qualities, hold a piece towards a Full Moon and ask the Universe to bless you with good fortune. Leave the gem to sit in the moonlight all night, then keep it in your purse and watch your pennies multiply. You can also use the crystal when spell-casting for prosperity: place five small pieces around a green candle. Light the wick and gaze into the flame while visualising your dreams, goals and future successes.

Taking a stone with you on your next shopping trip, or when you need to make a financial choice, will encourage patience and halt impulsive buying (do

channel its protective energy so you can breeze through transitional events such as moving house or starting a new job.

Is someone being particularly prickly towards you? Tiger's eye can help! It works by repelling negativity and guarding against psychic vampires. On waking, rub a piece between your fingers whilst imagining a circle of white light engulfing your body and merging with your aura. Next, picture the person in question, send them loving intentions and say, 'May you know joy, may you know peace, may you be free from sadness.' After practising this for a few weeks, take note of how different your interactions are – tiger's eye has a powerful way of reconciling even the most strained of relationships! 💚





**Did you know?**

If you're a fan of this golden-coloured stone you can add two rarer varieties to your collection: the hawk's eye, which is a beautiful blue and a red variety named dragon's eye!



SPIRITUAL FICTION

# A FAMILIAR feline encounter

*A supernatural being comes to the rescue of a woman trapped by her own fears*

WORDS BY ANGELA KENNEDY

A swirling dark mist pressed in on me. Its tendrils crept around my limbs, crushing me until I was gasping for air.

"Hold on!" I screamed hoarsely, grabbing tightly onto Suzie's hand.

Her fingers were slowly slipping out of my grip as the muddy river dragged her into its depths. Her face was blank and expressionless. I fought to keep control of myself against an overwhelming sense of horror. Moving quickly, I grabbed her wrist with my other hand and began to heave her, motionless, from out of the water.

"I won't let you go, Suzie!" I shouted. But the dark mist drew itself together, condensing into the form of a monstrously huge black bird with red eyes. Razor-sharp talons tore at my wrist as the dead weight of the enormous creature crushed down on me. Suzie slipped out of my grasp, sinking underneath the water again. I screamed out in pain... Then I woke up.

## DARK FEARS

I pushed the sweat-drenched sheets off me and climbed out of bed. I'd been petrified of birds since I was five; my mother had been driving during a thunderstorm with me strapped tightly in the back seat. Hurlled by the high winds, a raven smashed against the car window. Wide-eyed with shock, I watched its flailing talons and flapping wings. It seemed to stare at me, holding me in its gaze, as the light faded from its eyes. Now I always feel a rising sense of panic if a bird lands too close to me.

My night terrors were relentless. I had the same dream night after night and I was beginning to feel as if I was losing my mind. I knew the cause of my visions all too well, but I couldn't stop them.

My best friend Suzie died three months ago. Cancer wore her down until she had no fight left. The fact I knew she was going to die didn't make the pain of her loss any less searing. A glass of wine with dinner turned into a bottle before

bed; then two. I was trying to block out the pain. I know she wouldn't have wanted this but I felt powerless. I'd been signed off work for a month and I felt like I was sinking into a dark place.

## VENTURING OUTSIDE

I rarely left the house anymore. The light seemed too bright, stinging my eyes and making my head throb. Walking to the shops, I was sure that everyone was staring at me – as if they all knew how low I'd sunk. A friend phoned this morning, concerned because she hadn't heard from me in weeks. She cajoled me to get outdoors.

"A walk will do you good," she said. I wasn't convinced, but I needed to do something to shake the stifling sense of despair that was haunting my dreams.

As I closed the front door, a neighbour called "Hello" to me and started to witter on about late dustbin collections and inconsiderate parking on our street. I felt as if I was struggling



underwater – my movements slow and my face stiff as I tried to smile, while she jabbered in a voice that seemed almost unintelligible. When she finished, I started walking towards the woods, which were close to my house. I'd lived in this area for a year but I'd always been too busy to explore the countryside.

Stepping at a brisk pace, the movement somehow helped me to calm down. The soothing green of a field, edged by the darker foliage of trees, relieved me further. I walked deeper into the wood, enjoying the breeze in my hair. I stopped to admire a patch of pink and white flowers, blooming beside a small pond. I lay down on the soft grass, enjoying its herby aroma. Breathing deeply, my mind began to wander. I could hear the twittering of birds high up in the trees, but they were far enough away not to bother me. I began to think of Suzie and the long walks we used to take together.

## UNFAMILIAR SURROUNDINGS

A blackbird dropped to the ground a metre away from me, tipping its head inquisitively. For a moment I imagined its eyes were glowing red. I swallowed down my rising panic: it's only a bird. Yet I found myself stumbling to my feet and lurching away. I ran deeper into the woodland. Coming to my senses a few minutes later, I mentally chastised myself for my irrational fear. Now I had to find the way back and I couldn't see the path. I suddenly noticed that everything around me seemed unnaturally silent.

The breeze fell still and the usual sound of small animals and birds was curiously absent. I felt uneasy. A small branch cracked behind me and I heard the sound of stealthy footfall. I swung around, prepared for the worst, only to find a large domestic cat looking up at me with unblinking green eyes. I sank to the ground in relief and the feline nuzzled its pink nose against my arm. As I stroked its silky grey fur, the sounds of the wood resumed.

## FELINE FRIEND

The cat followed me as I picked a path out of the woods. Sometimes he fell behind and I thought he'd vanished, other times he trotted ahead, his silver coat shining and blazing in the sunlight. I tried to shoo him away several times but he only stared back at me with those mesmerising green eyes.

He walked behind me all the way back home, before making himself comfortable on my sofa. I offered him a plate of chicken and a bowl of milk. He guzzled them down, then arranged himself gracefully on a cushion, delicately washing his whiskers and face with an elegant paw. Stroking his soft fur, I felt a sense of peace – a sensation strange



to me for so long. His presence was comforting and soothing. I would see in the morning if he was micro-chipped and then hopefully return him to his loving family, but for tonight he was mine.

As I climbed into bed I felt the cat jump up, stretching out beside me with purrs vibrating through his sleek body. I closed my eyes and drifted off to sleep.

## FEAR RETURNS

That evening, my nightmare returned. I found myself frozen with fear, pinned to my bed, unable to move as the monstrous black bird lurched towards me. I screamed but no sound passed my lips. I was powerless. The freakish creature crowed in triumph, jumping on my chest and pecking at my arm with its beak. I couldn't breathe. I thought I was dying.

Suddenly, the bird was knocked sideways in a blur of feathers and squawking shrieks. I saw a flash of silvery fur and heard a low growl. The silver cat was in my dream. The cat pummelled the monstrous bird with his claws, hissing and biting. But the bird was twice as big as the cat and it wrapped its talons around his head, pecking at the moggy's soft, vulnerable sides. The bird was relentless, and the silver cat was weakening.

"No!" I screamed, forcing the sound to burst out from my lips.

The bird shifted and the cat, finding a final shot of energy, pushed up and under the talons to tear into the bird's


throat. I awoke with a jolt, gasping for air. I was alone on my bed. Two pools of bright red blood stained the sheets where the silver cat had been sleeping. I saw a movement out of the corner of my eye and jumped from my bed. The cat was lying on the floor. He was panting with exhaustion, bloody red talon marks streaking his body. A single black feather lay, mangled, beside him. I bathed the cat's wounds, offering him water and food.

He lay patiently and uncomplaining as I gently cleaned his fur. Emotionally exhausted, I fell unconscious into a mercifully dreamless sleep.

*"I needed to do something to shake the stifling sense of despair that was haunting my dreams"*

## CALM AGAIN

The next morning I awoke expecting to see the cat in a terrible state on the floor. Instead, he was sitting on the end of the bed watching me with his big green eyes, gently purring to himself. As I fed and stroked him I saw no signs of last night's horrific injuries on him. Then, when I opened my door to put out a bin bag, the silver cat slipped out through the gap, strolling jauntily outside. With his tail swishing and his head held high, he disappeared through a hole in the hedge and I never saw him again.

Two months later, I'm back at work. I'll always miss my friend Suzie, but my life is back on track. The fog of my sadness has dissipated and the monstrous black bird no longer haunts my dreams. 



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# Your October STARS

Expert astrologer **RUSSELL GRANT** taps into the wisdom of the Universe to discover your predictions for this month



Russell Grant is a British astrologer who is much-loved and respected for his spiritual talents and vibrant personality. As well as being the author of a plethora of astrology books, Russell has enjoyed a fruitful career on the TV and most of us remember him (and his flamboyant jumpers) from his time presenting astrology on *BBC Breakfast* in the '80s. Each month Russell shares your predictions with his expert insight. Enjoy!



# ARIES

Mar 21 - Apr 20



## Character profile

Arians are generally independent and courageous – they're not the type to go unnoticed. With endless enthusiasm, they are also very optimistic. However, they can be rather short-tempered, moody and impatient. Another common characteristic for Arians is for them to be impulsive.

"IF YOUR JOB PUTS TOO MANY DEMANDS ON YOUR TIME, WATCH FOR NEW OPPORTUNITIES"

## Strike a balance

You can't decide what should come first: your own needs, your career or commitments to a friend! You have a big decision to make; try to do what's best for you as it's never wise to make choices for the sake of someone else.

## Don't give up

Are you and your partner at war? It won't help if you drop them for the first available person who comes your way. Isn't this relationship worth fighting for? A key priority is to break any silent spells between you and to communicate more. Discussing the future will be reassuring as it could be a relief to discover you still share the same long-term hopes and goals.

## Be diligent

If your job puts too many demands on your time, watch for new opportunities. Visualise your dream job then take one small step towards this goal. You could cross paths with a promising candidate in a stylish working environment. There may be some small financial gain as October ends, too.

A RELATIONSHIP IS TEMPTINGLY CLOSE AND YOU'LL BE ATTRACTED TO THE IDEA OF NEW STARTS IN ROMANCE

## Reach out

You have a lot to do this October. Even though you could delegate, you'll prefer to carry out most jobs alone. You need to ask yourself how much more you can take on before you reach your limit and snap. Even if you are reluctant to call for help, the stars recommend that you do, or you'll be swimming out of your depth.

## Mix business with pleasure

Although responsibilities are heavy, you need not miss out on romance. You appreciate a loyal partner who stands by you through thick and thin. Just knowing there is someone patiently waiting while you deal with other priorities will make you feel confident and secure.

WORKING HARD WILL PUT EXTRA MONEY IN YOUR BANK, WITH WHICH YOU CAN TREAT YOURSELF

"ALTHOUGH RESPONSIBILITIES ARE HEAVY, YOU NEED NOT MISS OUT ON ROMANCE"

## Radiate positivity

People are seeing you at your best and those who matter are impressed. You have the energy and initiative to achieve great things. It could be fun to join forces with someone who thinks like you, acts like you and wants the same things as you.

Wondering whether to turn a friendship into romance? The answer lies in the signals they're throwing your way. If you already have a partner, be careful about enthusing over how well you're getting on with someone else.

# TAURUS

Apr 21 - May 21



## Character profile

Those of this star sign are dependable and loyal, they're generous to people they care for and patient to others' needs. That said, they can have materialistic and self-indulgent traits, which can lead them to be possessive and stubborn.



**FOR THE SAKE  
OF YOUR  
WELL-BEING,  
TRY TO AVOID  
STRESSFUL  
SITUATIONS  
AROUND  
THE 25TH**

### Shine bright

A new passion will give you an alluring glow. Show your creative work to a friend who can be highly critical – their feedback will be invaluable in helping you correct any minor flaws. If you're offered a new job that'll allow you to make money while developing your artistic side, don't look this gift horse in the mouth.

### Accept the attention

You are fascinating company when you feel passionate and inspired. Don't be surprised if several people

# GEMINI

**May 22 - Jun 21**



### Character profile

Geminis are exciting to be around, they're witty, imaginative and energetic. Plus, they adapt well to situations and can be rather persuasive – this energy can make them restless and devious, too. It's also common for Geminis to be impulsive and superficial.

**"DON'T BE  
SURPRISED IF  
SEVERAL PEOPLE  
SHOW ROMANTIC  
INTEREST IN YOU"**

show romantic interest in you. Already partnered-up? You can still feel flattered by someone's flirtatious suggestions. Just be sure your beloved doesn't confuse this playful exchange.

Footloose and fancy-free? If you have a choice between a high-spirited playmate and a reliable lover, choose the latter.

### Pour your heart out

Instead of keeping feelings bottled up, try your hand at journalling. Friends will encourage you to develop your talents and you have loads of potential, so listen to what they tell you. How much more relaxed will you feel when doing something you love?

**"WHEN YOU  
BELIEVE IN  
YOURSELF AND  
YOUR TALENTS,  
THE MONEY  
WILL COME  
ROLLING IN"**

### Trust in you

An unexpected moneymaking opportunity may allow you to work from home. You could create a comfortable workspace where you won't be interrupted. This is your chance to avoid long commutes and office politics. Alternatively, you might find a position related to childcare, housing or catering. The key to financial success is confidence; when you believe in yourself and your talents, the money will come rolling in.

### Count your blessings

Nothing will please you more than spending time with your family. You'll love their company and you will suddenly realise how lucky you are to be you.

Someone close to you has been feeling neglected because you've been so busy. A surprise kiss or the occasional hug to express your feelings could bring a rapturously amorous response.

### Broaden romantic prospects

Single? Someone you meet will bewitch your heart by feeding your need for adventure. Open up, be sociable and allow yourself to have the time of your life.

# CANCER

**Jun 22 - Jul 23**



### Character profile

To those who are deserving, Cancers are very loyal and caring. They are also very responsive and dependable. That said, it's common for people of this star sign to be over-sensitive, clingy and at times, self-pitying.

**YOU'RE  
FEELING ON  
TOP OF THE  
WORLD AND  
THE MONTH  
AHEAD HOLDS  
A LOT OF  
EXCITEMENT**

# LEO

Jul 24 - Aug 23

“THIS IS A GOOD TIME TO REVISE YOUR CV OR GET ADVICE ON HOW TO PRESENT YOUR SKILLS”

## Reflect on life

As October begins you will want to take stock of your situation. Around the 8th you will be looking at where you are in life and how your job and relationships fit in with your future plans. This is a good time to revise your CV or get advice on how to present your skills in the most effective way.

Avoid financial deals that sound too good to be true. Keep your cash in the bank – you work too hard to throw your money away on get-rich-quick schemes.

## Open your heart

You will get on best with people who are outgoing and assertive. Something deep inside you craves excitement and attention.

Words of flattery will light the cockles of your heart. When you're with a person who is fun-loving, intelligent and who knows how to dazzle you with their sweet talk, you can't think of anything else but pleasing them.

## Get social

Lines of communication will open up in all relationships. Nervous about a meeting or interview? Don't be! You may surprise yourself.

This is a great month to start a blog, join a social networking site or post a profile on an online dating site. You're sure to get plenty of enthusiastic responses to anything you propose.

## Character profile

Leos like to be in control. They are very confident and ambitious, but also encouraging. Sometimes they can be domineering and pretentious, and it's not uncommon for them to be described as a tad vain.

NEWS ABOUT A NEIGHBOUR WILL REACH YOU BUT YOU'LL KNOW BETTER THAN TO LISTEN TO RUMOURS

CHANNEL YOUR ENERGY INTO A POSITIVE NEW FITNESS ROUTINE

# VIRGO

Aug 24 - Sep 23

“TAKE THE CHANCE TO ARRANGE A FUN TRIP THAT'LL FALL WITHIN YOUR BUDGET”

## Fix your finances

Temporary financial issues may make you edgy. If you're spending cash as quickly as you earn it, think about putting yourself on a budget. It may be best to keep all commitments short-term until the 14th. Whatever or whomever takes your interest, you won't feel completely satisfied during the first half of the month.

## Be supportive

Pay attention to your partner's needs and feelings as they may need your encouragement – or just a cuddle – to help them through what may be a difficult month for them.

## Character profile

Virgos tend to be gentle and compassionate individuals, who are sincere and reliable. They are analytical in their approach and can be sceptical. They can be described as being quite fussy and inflexible, or possibly even cold.

Single? Someone who wants to be in your life will woo you with a smile and words of seduction.

## Plan some fun

Restless and ready to leave dull routines behind? Take the chance to arrange a fun trip that'll fall within your budget. A change of scene will uplift and inspire you.

If you're planning to leave your job, wait until you have a firm offer from elsewhere before handing in your notice. You don't want to jeopardise your job security for the sake of a impulsive whim.

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**YOU ARE IN A  
GOOD POSITION  
TO IMPROVE  
YOUR ROMANTIC  
PROSPECTS**

### Focus on the positives

Financial and legal affairs may be a little difficult early on in the month, but you are positive and strong. Some serious decisions will be called for and you will take your time to make the right choices.

The middle of October will bring a number of changes at home and work – some you will have been expecting but others will take you by surprise.

### Look to the future

If you and your partner have been seeing each other for a while, you could be discussing marriage plans. Any worries about how this might change your life will be outweighed by a growing tingle of anticipation.

### Pick enriching pastimes

Single? Don't give up on your search to find someone with solid values and be sure to take full advantage of the romantic delights ahead. It won't be long before you find someone you could happily be with every minute of the day.

Later in the month you will be asked to join a new group or project. This opportunity may not be lucrative but it will be emotionally rewarding.

**“SOME SERIOUS  
DECISIONS WILL  
BE CALLED FOR  
AND YOU  
WILL TAKE YOUR  
TIME TO MAKE THE  
RIGHT CHOICES”**

# LIBRA

**Sep 24 - Oct 23**



### Character profile

Diplomatic and peaceful, Libras love to be in good company and work as a team – they're very hospitable. Although they have strong instincts and intuition, Libras will often only speak up if they feel things are unfair. Their weaknesses are that they can often be self-centred, indecisive and gullible.

# SCORPIO

**Oct 24 - Nov 22**

### Trust your instincts

A cash flow problem is only temporary but it will be frustrating. If you're selling a house, car or your crafts for money, someone might try to talk you into changing a deal already made. Stick to your guns.

### Take a break

If you're finding it hard to relax, suggest sneaking away with your partner to a private hideaway. You can forget all worries and cares while wrapped in your lover's arms.

**“YOU CAN  
FORGET ALL  
WORRIES AND  
CARES WHILE  
WRAPPED IN YOUR  
LOVER'S ARMS”**



### Character profile

Known for being fiercely independent, Scorpions are dynamic, resourceful and observant. They will often flit from one extreme to the other, and can be jealous or obsessive. That said, they are very loyal and have great memories.

If you're single, someone with a clever mind, who is a good conversationalist, will sweep you off your feet if you are single. If you already have a partner, the 16th will be a good time to get started on making joint long-term plans for the future.

### Fade your anxieties

A past problem or work-related worry will disappear under the light of love. Retiring from public view for a while early in the month will be therapeutic. Steer clear of crash diets, too. If you're hoping to lose weight, eat nutritiously and ramp up your exercise routine.

**YOU'LL SOON BE  
ABLE TO TREAT  
YOURSELF TO  
A WHOLE NEW  
WARDROBE**

# SAGITTARIUS

Nov 23 - Dec 21



## Character profile

The good-humoured Sagittarius is honest, daring and friendly, but can also be rather blunt and sharp-tongued. Sagittarians tend to have good judgement and be adventurous when it comes to trying new things. It's not uncommon for them to be less aware of others' feelings and to exaggerate slightly.

**BE CREATIVE AND  
LOOK AT NEW WAYS  
TO APPROACH  
EVERYDAY AFFAIRS**

## Slow it down

You'll be kept busy with work and other commitments during the first half of October so be sure to get plenty of rest. You don't want to shirk your responsibilities but it can be exhausting carrying out so many duties. You may miss seeing your friends regularly but even if you're growing bored, it's important to finish any existing projects you start.

## Heal your relationships

A friendship isn't the same any more because you aren't seeing enough of one another and you're starting to

grow apart. Your love life needs regular maintenance if it is to flourish, too. You're already under pressure but if you can juggle your schedule to fit in more time for those who mean the most to you, it'll be worth it in the long term. Are you single? You could meet a new admirer at the cinema or a music venue later in the month.

## Spice things up

Use your imagination to add a touch of originality to each day. An invitation to a sports tournament or activity will really appeal to you as October ends.

**"YOU COULD  
MEET A NEW  
ADMIRER AT  
THE CINEMA  
OR A MUSIC VENUE  
LATER IN THE  
MONTH"**

**USE YOUR CHARM  
AND CONFIDENCE  
TO FURTHER YOUR  
ASPIRATIONS**

## Thrilling times ahead

Careerwise, you are about to enjoy an exciting new phase. The start of October may not be as fast moving or as eventful as the end, but there's a build up sweeping you along on the crest of an optimistic wave. Trust your intuition about a moneymaking opportunity, too.

## Calm uneasiness at home

You'll be making your work a priority and, although you don't want to neglect your relationships, it'll be impossible to be in two

places at the same time. If any loved ones are feeling sorry for themselves, reassure them that your focus will soon shift back to your home life once you've ticked off your list of jobs.

## Enjoy the ride

You're pumping so much of your energy into your personal goals, there's very little left for your family and friends. By the 20th you will begin to slow down so you can start to balance all aspects of your life.

That said, working towards a special goal can be deeply satisfying, so this should make October one of your favourite months this year.

# CAPRICORN

Dec 22 - Jan 29



## Character profile

Capricorns are responsible, patient and ambitious. Risks aren't their thing as they're very cautious and are likely to over-analyse situations. They can be pessimistic and also rather shy, but are very caring and helpful, too.

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**YOU'LL BE IN  
AN OUTDOORSY  
MOOD AND  
FRIENDS WILL  
PICK UP ON THIS**

# AQUARIUS

**Jan 21 - Feb 19**



## Broaden your horizons

Stop feeling guilty about wanting more out of your life than work. Nobody could accuse you of being lazy. Prioritise projects as the month begins and delegate jobs that other people will find easy to do. Taking some time off to travel will be tempting. If you haven't the money to go far, you can find plenty of inexpensive ways to relax, travel and have fun.

## Invest in love

A travel invitation or moment's inspiration around the 8th could have unusual consequences. Your social life will keep you occupied and you'll love having fun with friends. However, when the time comes to get

## Character profile

The strong-willed Aquarius is independent and unpredictable. Quite often they'll be known for their intelligence and good-wit, cheering up those around them. They're imaginative and original, and like to live in the moment, but can also be stubborn and inconsistent.

intimate, two will be company and three a crowd. The more time you and your partner spend talking to each other, the more likely you are to reach deeper levels of understanding.

## Be adventurous

Getting involved with a charity or humanitarian organisation will give you a lot of pleasure. If you're looking for work, an offer with the opportunity to travel will be just your cup of tea.

**"STOP FEELING  
GUILTY ABOUT  
WANTING  
SOMETHING MORE  
OUT OF  
YOUR LIFE"**

## Relax a little

With your opposite sign being Virgo, you can occasionally be overcome by the desire to achieve perfection. With this in mind, you will practise and practise whatever jobs you take on this October. If this leaves you exhausted or puts a strain on your body, you might want to take up a relaxation technique to help relieve stress.

## Watch your words

Although you won't want to upset the apple cart, your attempt to be helpful may be misinterpreted. Somebody at home may take your comments the wrong way and accuse you of interfering. This could lead to a small misunderstanding and before you know

**"BE PREPARED TO  
COMPROMISE IF  
ANYONE OBJECTS  
TO YOUR IDEAS"**

**IT ISN'T A  
GOOD IDEA TO  
ARGUE ABOUT  
POSSESSIONS OR  
PROPERTY WITH  
A HOUSEMATE**

it, an argument will blow up out of all proportion. Relationships may remain tense for a few days but harmony within the family will be restored by the 18th.

## Take a breath

For a short while longer, money may be going out than coming in, but don't fret as a generous friend or relative is likely to offer you a loan or financial gift. Be prepared to compromise if somebody objects to your ideas. Normally you can see both sides of an argument, but this month you can't fathom why some people are putting obstructions in your way. **SS**

# PISCES

**Feb 20 - Mar 20**



## Character profile

Kind, compassionate and imaginative, Pisceans are selfless and sensitive characters, who will go beyond their call to help others. They can also be weak-willed and over-sensitive, passing the buck if something doesn't go to plan.




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*“Fortunately, as I learnt first-hand, we can break the cycle and regain our natural sparkle and enjoyment of life”*

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What became clear was that I had invited those closest to me to interrupt my personal time, because I was looking for an exciting diversion. I wasn't a victim to lopsided friendships. I had chosen to ignore the red-flag warning signs when I'd first met them: only talking about themselves and exaggerating the details of their stories for dramatic emphasis. When I realised my role, I was no longer upset with, nor resentful towards, these trouble-making acquaintances.

Further research highlighted evidence that most melodramatic people have experienced, to some extent, an unhealed life trauma. An event that shatters our sense of safety actually changes our brain's

structure and our body's delicate physiological balance. Studies even show that watching or hearing about someone else's drama can create secondary post traumatic stress disorder, which can lead

to anxiety, depression or substance abuse.

After a dramatic event, our natural hyper-vigilant survival instinct of scanning the environment for possible danger gets stuck, so that we are constantly on alert. We expect, and attract, drama and we actually get bored when life is peaceful and predictable. Fortunately, as I learnt first-hand, we can break this cycle and regain our natural sparkle and enjoyment of life. A lot of the healing comes when we face the original wound.

I now know that a peaceful life with healthy relationships has its own quiet excitement that's much healthier and happier than the roller-coaster lifestyle. The people in my life have occasional crises, because that's part of life. But the difference is that they're actively working on solutions, and are taking responsibility for their decisions. It's all about self-care and letting yourself truly shine. 💡

**Doreen Virtue has three degrees in Counselling Psychology. Her latest book *Don't Let Anything Dull Your Sparkle: How to Break Free of Negativity and Drama* (£9.99, Hay House) is out now. For more information, visit [angeltherapy.com](http://angeltherapy.com)**



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*'Jodie is one of the most gifted mediums I have ever had the pleasure of speaking to. She is just so kind, accurate, generous and gifted! Thank you so much for putting my mind at ease, for the messages I have received and for your in depth insight into my situation. A reading with a positive difference. Bless you. Xxx'*

**JODIE PIN: 4817**

*'Just the most brilliant and gifted reader and beautiful person. So glad I've found you Charles and the few times I have spoken to you already, you have made a huge difference to my mental and emotional well-being! You 'get me' when so many people don't right now whilst I am going through this massive life change. Thank you for connecting so wonderfully with me and I shall go to bed shortly with peaceful thoughts just as you suggested... all anxiety has gone, thank you :) xxx'*

**CHARLES PIN: 4978**

*'I have just had a reading with Pearl & I have to say that she was fantastic. I am not a very easy kind of person to impress normally but after the first 5 minutes with her, I realised that she was the real deal. She managed to identify things that only I knew & linked with what I had asked her to focus on for me almost straight away without me saying anything to her. She has definitely got my respect and much more. I have had good genuine readings done before; Pearl would have to be at the top of that list for me. Thank you Pearl!'*

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